

Choco Fever Dream

Spicy Cucumber Salad – Fresh & Zesty

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Asian** Cuisine	**Salad** Course

Ingredients

Salad

- [ ] 3 large seedless cucumbers, thinly sliced
- [ ] 1/4 cup fresh mint leaves, torn
- [ ] 2 tbsp fresh cilantro, roughly chopped
- [ ] 1 tsp red chili flakes (adjust to taste)
- [ ] 1 tsp sesame oil

Dressing

- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp honey
- [ ] 1 tsp soy sauce (or tamari for gluten-free)
- [ ] 1 tsp grated ginger
- [ ] 1 small garlic clove, minced

Instructions

1. Slice the cucumbers thinly, place them in a colander, sprinkle lightly with salt, and let sit for 5 minutes.
2. In a bowl, whisk together rice vinegar, honey, soy sauce, grated ginger, and minced garlic until smooth.
3. Pat the cucumbers dry with paper towels, then toss them with the herbs, chili flakes, and sesame oil.
4. Pour the dressing over the cucumber mixture, toss gently to coat, and let rest for 5 minutes before serving.

Nutrition per serving

85 kcal	2 g	12 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter salad, increase honey by a half tablespoon.
- For extra crunch, add toasted sesame seeds just before serving.
- Use a mandoline for uniform slices; uneven pieces can affect texture.