

Choco Fever Dream

Sunomono: Refreshing Japanese Cucumber Salad

10 min	10 min	4
Prep time	Total time	Servings
Easy	**Japanese**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 2 Japanese cucumbers, thinly sliced
- [ ] 3 tbsp rice vinegar
- [ ] 1 tsp sugar
- [ ] 1/2 tsp salt
- [ ] 1 tsp toasted sesame seeds

Optional Add-ins

- [ ] 1 tsp soy sauce (or tamari for gluten-free)
- [ ] A pinch of chili flakes
- [ ] Thin carrot ribbons

Instructions

1. Slice the cucumbers thinly with a mandoline or knife; place in a colander, sprinkle salt, and let sit 5 minutes.
2. Meanwhile, whisk together rice vinegar, sugar, and a pinch of salt until dissolved.
3. Pat the cucumber slices dry with paper towels, then transfer to a bowl.
4. Pour the dressing over the cucumbers, toss gently, and sprinkle with toasted sesame seeds and optional soy sauce.
5. Let the salad rest for 5 minutes, then serve chilled.

Nutrition per serving

45 kcal	1 g	8 g	1 g
Calories	Protein	Carbs	Fat

Tips & notes

- If cucumbers are very watery, pat them dry thoroughly to maintain crunch.
- Adjust sugar to taste; some prefer a sweeter note, others a sharper tang.
- For a richer flavor, add a splash of cucumber vinegar.