

Foodnity Recipes

Asian Carrot Cucumber Salad – 15-Minute Flavor Fix

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Salad

- [ ] 2 large carrots, julienned
- [ ] 1 large cucumber, seedless and thinly sliced
- [ ] 2 green onions, sliced thin
- [ ] 1 tbsp toasted sesame seeds

Dressing

- [ ] 3 tbsp soy sauce
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp sesame oil
- [ ] 1 tsp honey
- [ ] 1 tsp freshly grated ginger
- [ ] Pinch of red pepper flakes (optional)

Optional Garnish

- [ ] Fresh cilantro leaves
- [ ] Lime wedges for squeezing

Instructions

1. Wash the carrots and cucumber. Peel the carrots if desired, then julienne them into thin ribbons.
2. Slice the cucumber into half-moons, then sprinkle lightly with salt; let sit 5 minutes, then pat dry with a paper towel.
3. In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey, grated ginger, and red pepper flakes until the honey dissolves.
4. Combine carrots, cucumber, and green onions in a large mixing bowl. Drizzle the dressing over the vegetables and toss gently to coat.
5. Transfer the salad to a serving platter, sprinkle with toasted sesame seeds, fresh cilantro, and serve with lime wedges on the side.

Nutrition per serving

120 kcal Calories	**4 g** Protein	**18 g** Carbs	**5 g** Fat

Tips & notes

- If you prefer a sweeter profile, increase the honey by ½ tsp.
- For a gluten-free version, swap soy sauce for tamari.
- Add a handful of chopped peanuts for extra texture.