

Foodnity Recipes

Spicy Asian Cucumber Salad

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

Ingredients

Main Ingredients

- [ ] 2 large seedless cucumbers, thinly sliced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1/2 tsp chili flakes (adjust to taste)
- [ ] 1 tsp sugar or honey
- [ ] 1 clove garlic, minced
- [ ] 2 tbsp toasted sesame seeds
- [ ] Fresh cilantro leaves, torn (optional)

Instructions

1. Wash the cucumbers, pat them dry, then slice thinly using a mandoline or a sharp knife.
2. In a bowl, whisk together rice vinegar, soy sauce, sesame oil, chili flakes, sugar, and minced garlic until the sugar dissolves.
3. Place the cucumber slices in a large mixing bowl, sprinkle lightly with salt, and let sit for 5 minutes to draw out excess moisture.
4. Drain any released water, then pour the dressing over the cucumbers. Toss gently to coat evenly.
5. Add toasted sesame seeds and cilantro, give one final soft toss, and serve immediately or chill for 10-15 minutes.

Nutrition per serving

120 kcal	2 g	16 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems watery, blot the cucumbers with a paper towel after salting.
- For extra crunch, add sliced radishes or toasted peanuts.
- Adjust sweetness with a dash more honey if you prefer a milder bite.