

Foodnity Recipes

Spicy Cucumber Salad – Ready in 15 Minutes

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

Ingredients

Main Ingredients

- [ ] 2 large seedless cucumbers, thinly sliced
- [ ] 1 teaspoon red chili flakes
- [ ] 2 tablespoons rice vinegar
- [ ] 1 tablespoon lime juice
- [ ] 1 teaspoon honey
- [ ] 1 teaspoon sesame oil
- [ ] 1 tablespoon toasted sesame seeds
- [ ] Salt to taste

Instructions

1. Wash and trim the cucumbers, then slice them into thin ribbons using a mandoline or a sharp knife.
2. In a small bowl, whisk together rice vinegar, lime juice, honey, sesame oil, and a pinch of salt; stir in red chili flakes.
3. Place the cucumber slices in a large bowl, pour the vinaigrette over them, and toss gently until evenly coated.
4. Let the salad rest for 5 minutes to allow flavors to meld, then sprinkle toasted sesame seeds on top.
5. Serve immediately, or pair with a side of Asian cucumber salad for a larger spread.

Nutrition per serving

85 kcal	2 g	10 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumber ribbons dry before dressing to keep the salad crisp.
- Adjust the amount of chili flakes if you prefer less heat.
- A drizzle of extra sesame oil right before serving adds a fragrant finish.