

Zucchini Bread Recipes

Asian Carrot Cucumber Salad

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

Ingredients

Main Ingredients

- [ ] 2 large carrots, peeled and grated
- [ ] 1 large English cucumber, thinly sliced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp lime juice
- [ ] 1 tsp honey
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tbsp toasted sesame seeds
- [ ] Pinch of sea salt

Instructions

1. Wash and dry the cucumber, then slice it thinly; set aside in a large bowl.



2. Peel and grate the carrots, adding them to the bowl with the cucumber.



3. In a small cup, whisk together rice vinegar, lime juice, honey, and sesame oil until smooth.



4. Pour the dressing over the vegetables, toss gently to coat; sprinkle with sesame seeds and sea salt.



5 Let the salad rest for 5 minutes to allow flavors to mingle before serving.



Nutrition per serving

85 kcal	2 g	13 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumber slices dry with a paper towel to avoid excess moisture.
- Adjust the honey level to taste; a little goes a long way.
- For extra zing, add a dash of grated ginger to the dressing.