

Zucchini Bread Recipes

Korean Cucumber Salad – Spicy TikTok Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Korean** Cuisine	**Side Dish** Course

Ingredients

Salad

- [ ] 2 large English cucumbers, thinly sliced
- [ ] 1 tsp Korean coarse sea salt
- [ ] 1 tablespoon toasted sesame seeds

Dressing

- [ ] 2 teaspoons gochugaru (Korean red pepper flakes)
- [ ] 1 clove garlic, minced
- [ ] 2 tablespoons rice vinegar
- [ ] 1 tablespoon sesame oil
- [ ] 1 teaspoon sugar
- [ ] 1 tablespoon soy sauce (or tamari for gluten-free)

Instructions

1. Place the sliced cucumbers in a bowl, sprinkle with salt, toss gently, and let sit for 5 minutes.
2. Rinse the cucumbers under cold water, then pat completely dry with a clean kitchen towel.
3. In a small mixing bowl, whisk together gochugaru, minced garlic, rice vinegar, sesame oil, sugar, and soy sauce until the sugar dissolves.
4. Pour the dressing over the cucumbers, toss to coat evenly, and sprinkle toasted sesame seeds on top.
5. Let the salad rest for 5 minutes before serving to allow flavors to meld.

Nutrition per serving

45 kcal	1 g	6 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less heat, reduce gochugaru to half a teaspoon.
- For extra brightness, add a splash of fresh lemon juice to the dressing.
- Serve chilled for the most refreshing crunch.