

Zucchini Bread Recipes

Spicy Cucumber Salad – Quick & Healthy Recipe

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/2 tsp salt
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp lime juice
- [ ] 1 tsp honey (or agave for vegan)
- [ ] 1 tbsp sesame oil
- [ ] 1/2 tsp red pepper flakes
- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 tbsp chopped fresh cilantro (optional)

Instructions

1. Slice the cucumbers into thin ribbons using a mandoline or sharp knife; place them in a bowl and sprinkle with salt, then let sit for 5 minutes.
2. Meanwhile, whisk together rice vinegar, lime juice, honey, sesame oil, and red pepper flakes in a small jar; shake until well combined.
3. Pat the cucumbers dry with a paper towel, then pour the dressing over them; toss gently to coat evenly.
4. Scatter toasted sesame seeds and cilantro on top; let the salad rest for a few minutes before serving.
5. Enjoy the salad chilled or at room temperature; it pairs beautifully with grilled fish or a simple rice bowl.

Nutrition per serving

85 kcal	2 g	12 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers release too much water, drain before adding dressing.
- Adjust sweetness by tasting the dressing before mixing.
- For extra crunch, add sliced radishes or carrots.