

Treasure Barrel

Asian Carrot & Cucumber Salad – Quick 15-Minute Fix

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

Ingredients

Main Ingredients

- [ ] 2 large carrots, peeled and thinly sliced
- [ ] 1 large cucumber, seedless, thinly sliced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp sesame oil
- [ ] 1 tbsp honey or maple syrup
- [ ] 1 tbsp fresh lime juice
- [ ] 1 tsp soy sauce
- [ ] ¼ tsp salt
- [ ] 1 tsp toasted sesame seeds
- [ ] 2 tbsp chopped fresh cilantro (optional)

Instructions

1. Wash and dry the carrots and cucumber. Slice carrots into thin match-stick strips and cucumber into thin rounds or half-moons.
2. In a small bowl, whisk together rice vinegar, sesame oil, honey (or maple syrup), lime juice, soy sauce, and salt until smooth.
3. Place the sliced carrots and cucumber in a large mixing bowl. Drizzle the dressing over the vegetables and toss gently until evenly coated.
4. Sprinkle toasted sesame seeds and chopped cilantro on top. Serve immediately or let chill for 10 minutes to let the flavors meld.

Nutrition per serving

120 kcal	2 g	20 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier note, add a pinch of red pepper flakes.
- Pat the cucumber slices with a paper towel to remove excess moisture.
- Adjust honey or maple syrup to taste for desired sweetness.