

Treasure Barrel

Spicy Cucumber Salad – Fresh & Zesty Quick Recipe

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

Ingredients

Main Ingredients

- [ ] 2 large seedless cucumbers, thinly sliced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1 tablespoon toasted sesame seeds

Dressing

- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp lime juice
- [ ] 1 tsp honey
- [ ] 1 tsp sesame oil
- [ ] 1/2 tsp red chili flakes (adjust to taste)
- [ ] 1 tbsp soy sauce (or tamari for gluten-free)
- [ ] 1 clove garlic, minced

Instructions

1. Wash the cucumbers, trim the ends, and slice them into thin ribbons using a mandoline or a sharp knife.
2. Place the cucumber ribbons in a colander, sprinkle lightly with salt, and let sit for 5 minutes while you prepare the dressing.
3. In a small bowl, whisk together rice vinegar, lime juice, honey, sesame oil, soy sauce, chili flakes, and minced garlic until smooth.
4. Pat the cucumbers dry with a paper towel, then transfer to a large mixing bowl. Add the sliced red onion.
5. Pour the dressing over the vegetables, toss gently to coat, and sprinkle with toasted sesame seeds.
6. Let the salad rest for 5 minutes to let flavors meld, then serve chilled.

Nutrition per serving

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

Tips & notes

- If you prefer less heat, reduce the chili flakes or omit them entirely.
- For extra crunch, add a handful of crushed peanuts just before serving.
- A quick splash of fish sauce can be added for an umami boost (omit for vegan).