

Treasure Barrel

Sunomono – Quick Japanese Cucumber Salad

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Japanese** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 English cucumbers, thinly sliced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tsp sugar
- [ ] 1/2 tsp sea salt
- [ ] 1 tbsp toasted sesame seeds

Optional Enhancements

- [ ] 1 tsp low-sodium soy sauce
- [ ] A pinch of red pepper flakes for a subtle heat

Instructions

1. Slice the cucumbers very thin—use a mandoline if you have one—then place them in a bowl and sprinkle with sea salt. Let sit for 5 minutes.
2. Meanwhile, whisk together rice vinegar, sugar, and optional soy sauce until the sugar dissolves.
3. After the cucumbers have released some moisture, pat them dry with a clean kitchen towel.
4. Toss the dried cucumber slices with the vinaigrette, then scatter toasted sesame seeds over the top.
5. If you like a tiny kick, add a pinch of red pepper flakes now and give a gentle toss.
6. Serve immediately, or let rest for a few minutes to allow flavors to meld.

Nutrition per serving

45 kcal	1 g	6 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumbers dry to avoid a soggy salad.
- Toast sesame seeds in a dry pan over medium heat for 2-3 minutes.
- Adjust sweetness by tasting before adding all the sugar.