

Long Livo

Japanese Cucumber Salad – Easy Fresh Side

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Japanese** Cuisine	**Side Dish** Course

Ingredients

Salad

- [ ] 2 Japanese cucumbers, thinly sliced
- [ ] 1 tsp salt

Vinaigrette

- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp honey
- [ ] 1 tsp fresh lemon juice
- [ ] 1 tsp toasted sesame seeds
- [ ] 1 green onion, thinly sliced

Instructions

1. Wash cucumbers, trim the ends, and slice them thinly using a mandoline or sharp knife.
2. Place sliced cucumbers in a colander, sprinkle with salt, and let rest for 5 minutes; then gently pat dry.
3. In a bowl, whisk together rice vinegar, soy sauce, sesame oil, honey, and lemon juice until smooth.
4. Drizzle the vinaigrette over the cucumbers, toss lightly to coat each slice.
5. Add toasted sesame seeds and sliced green onion; give a final gentle toss.
6. Serve immediately, or refrigerate for up to 30 minutes for a chilled side.

Nutrition per serving

45 kcal	1 g	5 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter vinaigrette, add an extra half-teaspoon of honey.
- For extra crunch, sprinkle a few crushed peanuts just before serving.
- Adjust salt level based on your soy sauce’s sodium content.