

Long Livo

Korean Cucumber Salad – Spicy Tik Tok Style

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Korean** Cuisine	**Appetizer** Course

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 tsp kosher salt
- [ ] 1 tbsp gochugaru (Korean chili flakes)
- [ ] 1 clove garlic, minced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tsp honey
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tsp toasted sesame seeds

Optional Add-ins

- [ ] 1 tsp soy sauce (or tamari for gluten-free)
- [ ] A pinch of sugar if you like extra sweetness

Instructions

1. Slice the cucumbers thinly, toss with kosher salt, and let sit for 5 minutes; this draws out excess water.
2. In a bowl, whisk together gochugaru, minced garlic, rice vinegar, honey, sesame oil, and optional soy sauce.
3. Pat the cucumbers dry with paper towels, then transfer to the dressing and toss gently.
4. Sprinkle toasted sesame seeds over the top and give a final quick stir.
5. Serve immediately, or chill for up to 30 minutes for a cooler bite. Enjoy alongside cucumber and tomato salad for a varied platter.

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 again before adding dressing.
- Adjust honey and vinegar ratios to balance sweetness and acidity to your taste.
- For extra crunch, add a handful of sliced radish just before serving.