

Asian Cucumber Salad



Experience the perfect balance of flavors with our irresistible Asian Cucumber Salad. Fresh ingredients, a touch of exoticism, and an explosion of delightful tastes await. A refreshing and light pleasure to savor!

Preparation 10 min

Cooking 0 min

Portion 6

Nutrition Facts (per serving)

Calories 110 kcal

Fat 8 g

Carbohydrates 8 g

Fibre 4 g

Protein 2 g

Sodium 250 mg

Ingredients

- 2 English cucumbers
- Fresh mint (optional)

For the Asian dressing

- 30 ml (2 tbsp) sesame oil
- 15 ml (1 tbsp) sesame butter
- 10 ml (2 tsp) Sambal Oelek
- Juice of ½ lime
- 10 ml (2 tsp) maple syrup
- 10 ml (2 tsp) freshly grated ginger
- 30 ml (2 tbsp) sesame seeds
- 30 ml (2 tbsp) tamari or soy sauce
- Pepper, to taste

Preparation

1. In a large bowl, mix the dressing ingredients.
2. Use a spiralizer to cut the cucumbers and place them in the bowl.
3. Pour the dressing, toss, and optionally add fresh mint.
4. Serve immediately or refrigerate before adding the dressing. Excellent with grilled tofu, chicken, falafels, or fish!

Notes



Gabrielle Simard
Créatrice culinaire