

Bite Spoon

Asian Carrot & Cucumber Salad – 15-Minute Flavor Fix

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Main Ingredients

- [ ] 2 large carrots, julienned
- [ ] 1 large cucumber, halved and sliced into matchsticks
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp lime juice
- [ ] 1 tsp honey
- [ ] 1 tbsp sesame oil
- [ ] 1 tsp toasted sesame seeds
- [ ] Salt to taste
- [ ] Fresh cilantro, chopped (optional)

Instructions

1. Wash, peel, and julienne the carrots; set aside in a large mixing bowl.
2. Slice the cucumber, then place on a paper towel, sprinkle lightly with salt, and pat dry after five minutes.
3. In a small bowl, whisk together rice vinegar, lime juice, honey, sesame oil, and a pinch of salt until smooth.
4. Pour the dressing over the carrots and cucumber, toss gently to coat evenly.
5. Scatter toasted sesame seeds and chopped cilantro on top; serve immediately or chill for ten minutes.

Nutrition per serving

120 kcal Calories	**2 g** Protein	**18 g** Carbs	**5 g** Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes to the dressing.
- For extra crunch, toss in sliced almonds or crushed peanuts just before serving.
- The salad can be prepared ahead of time; keep the dressing separate until ready to toss.