

Helergon Kitchen

California Roll Cucumber Salad – Easy Fresh Recipe

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

Ingredients

Main Ingredients

- [ ] 3 large seedless cucumbers, peeled into ribbons
- [ ] 1 ripe avocado, sliced
- [ ] 1 tbsp toasted sesame seeds
- [ ] 4 nori sheets, sliced into thin strips (optional)

Dressing

- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sugar or honey
- [ ] 1 tsp sesame oil
- [ ] Pinch of sea salt

Instructions

1. Wash cucumbers, then use a vegetable peeler to create long, thin ribbons; place them in a large bowl.
2. In a small jar, combine rice vinegar, soy sauce, sugar, sesame oil, and a pinch of sea salt; shake well until dissolved.
3. Just before serving, pour the dressing over the cucumber ribbons and toss gently to coat evenly.
4. Add avocado slices, sprinkle toasted sesame seeds, and garnish with nori strips if desired; serve immediately.

Nutrition per serving

180 kcal	3 g	10 g	12 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the cucumbers release water, pat them dry with a paper towel before dressing.
> - Add a splash of cucumber salad flavor with a few drops of lime juice for extra brightness.
> - Store dressing separately to keep the salad crisp.