

Helergon Kitchen

Cucumber Apple Salad – Quick & Simple

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 2 crisp apples (Honeycrisp or Fuji), julienned
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp honey (or maple syrup for vegan)
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh mint leaves, torn
- [ ] Pinch of sea salt

Optional Garnish

- [ ] 1 tsp toasted sesame seeds
- [ ] A few extra mint leaves for color

Instructions

1. Wash the cucumbers, slice them into thin rounds or half-moons, and place them in a large bowl.
2. Core the apples and cut them into match-stick sticks; drizzle with a little lemon juice to keep them bright.
3. In a small bowl, whisk together lemon juice, honey, olive oil, and a pinch of sea salt until smooth.
4. Add the apple sticks to the cucumber, pour the dressing over, and toss gently. Finish with fresh mint, sesame seeds, and a final sprinkle of salt.

Nutrition per serving

120 kcal	2 g	14 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier salad, increase the lemon juice by half a tablespoon.
- For extra sweetness, drizzle a little more honey just before serving.
- A quick toss just before you eat restores the crispness.