

Helergon Kitchen

Cucumber Snack – Quick & Simple Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tsp extra-virgin olive oil
- [ ] ¼ tsp sea salt
- [ ] Pinch of freshly ground black pepper
- [ ] 1 tbsp fresh dill, chopped

Instructions

1. Wash cucumbers, trim the ends, and slice them thinly using a mandoline or sharp knife.
2. Place the sliced cucumbers in a colander, sprinkle with sea salt, and let sit for 5 minutes to draw out excess moisture.
3. Pat the cucumber slices dry with paper towels, then transfer to a large bowl.
4. In a small cup, whisk together lemon juice, olive oil, black pepper, and chopped dill; drizzle over the cucumbers and toss gently.
5. Serve immediately, or chill for 10 minutes. Enjoy as a refreshing snack.

Nutrition per serving

45 kcal	2 g	5 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a pinch of sugar to the dressing.
- For extra crunch, sprinkle a few sesame seeds just before serving.
- The snack can be doubled for a larger gathering without changing proportions.