

Helergon Kitchen

Korean Cucumber Salad – Easy Tik Tok Style

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Korean** Cuisine	**Side Dish** Course

Ingredients

Main Ingredients

- [ ] 2 large Korean cucumbers (or English cucumbers), thinly sliced
- [ ] 1 tsp kosher salt

Dressing

- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp sesame oil
- [ ] 1 tsp honey
- [ ] 1 clove garlic, minced
- [ ] 1/2 tsp gochugaru (Korean red pepper flakes)
- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 green onions, sliced thin

Instructions

1. Place sliced cucumbers in a bowl, sprinkle with kosher salt, and let sit for 5 minutes while you prepare the dressing.
2. In a separate small bowl, whisk together rice vinegar, lemon juice, sesame oil, honey, minced garlic, and gochugaru until smooth.
3. Rinse cucumbers briefly to remove excess salt, drain well, and pat dry with a clean kitchen towel.
4. Add the dressing to the cucumbers, toss gently to coat evenly; sprinkle with toasted sesame seeds and sliced green onions.
5. Serve immediately, or let sit for up to 10 minutes for the flavors to meld. Enjoy as a side or a light snack.

Nutrition per serving

75 kcal	2 g	11 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, increase gochugaru to 1 tsp.
- For a sweeter profile, add an extra half teaspoon of honey.
- Taste the dressing before mixing; adjust salt, sweet, or acid to your liking.