

Cucumber Noodle Salad

Recipe Makes: 1 Serving

Nutritional Value (per serving)

Calories: 96 kcal

Protein: 2.4 g

Carbohydrate: 11.5 g

Fat: 5.8 g

Ingredients

1 Cucumber, peeled

For the dressing

¼ teaspoon Red Chilli flakes

1 teaspoon Vinegar

½ teaspoon Soy sauce

1 teaspoon Extra Virgin Olive Oil

¼ teaspoon Sesame seeds (Til seeds), white

¼ teaspoon Black sesame seeds



Instructions

1. To begin making the salad, we need to cut the cucumbers to resemble noodles.
2. For this you can either use a spiralizer, or cut it into thin strips like noodles.
3. Place the cucumber in a bowl and allow it to chill.

To make the dressing

1. In a small mixing bowl, combine the chilli flakes, vinegar, soy sauce, brown sugar, and olive oil and whisk it until well combined.
2. To this add the white and black sesame seeds and allow it to be chilled.
3. Just before serving the Chilled Sweet & Sour Cucumber Noodle toss the cucumber noodles along with the dressing and serve chilled.