

Cucumber & Carrot Sesame Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. Spiralize the cucumber and the carrots into noodles. Place in a bowl and set aside.
2. Whisk together the sesame oil, vinegar, tamari and honey in a small bowl.
3. Drizzle the dressing over the noodles and top with sesame seeds. Enjoy!

Notes

Leftovers

Store the noodles and dressing separately to prevent the cucumber noodles from giving off too much water. Keep refrigerated in an airtight container for up to two days.

More Flavor

Add chopped peanuts or chili flakes.

Additional Toppings

Top with cooked chicken, tofu or roasted chickpeas to turn it into a full meal.

Make it Vegan

Use maple syrup instead of honey.

Cucumbers

To avoid excess moisture, you can compress and strain the spiralized cucumber in a sieve or tea towel to drain.

Sesame Oil

Use regular or toasted sesame oil.

Ingredients

- 1 Cucumber (large)
- 2 Carrot
- 1 **tbsp** Sesame Oil
- 1 **tbsp** Rice Vinegar
- 1 1/2 **tsp**s Tamari
- 1 **tsp** Raw Honey
- 1 **tbsp** Sesame Seeds