

Spicy Cucumber Salad with Sesame Chilli Condiment



This simple salad can be thrown together in minutes and is so versatile. It can be served as part of any Korean meal or simply served alongside your favourite protein such as steak or roast chicken. It is so fresh and crunchy that you can simply eat it straight from the bowl.

Serves 4

Ingredients

1-2 Lebanese cucumbers.

1 red onion or French shallot.

1-2 tablespoons of sesame chilli condiment – hot or mild depending on your desired heat level.

Method

Slice the cucumbers down the middle lengthwise. Using a teaspoon, scrape out the seeds and discard. This also helps remove some of the moisture from the cucumber. Slice the cucumber not too thinly on a diagonal (see image above) and place it into a bowl.

Slice the onion or shallot very thinly and then place this into the bowl with the cucumber and combine.

To the bowl add 1 or 2 tablespoons of sesame chilli condiment and mix until everything is lightly coated. Let it stand for 5-10 minutes to allow the flavours to develop before serving.

While this salad will keep for several days in the refrigerator, for the best results make fresh just before serving so that the cucumber and onion maintain their crunch.

Note: Instead of cucumber you could use any salad leaves of your choice or baby spinach.