



# Smashed Cucumber Salad

## INGREDIENTS

- 300g continental cucumber
- 1 Tsp White Sesame Seeds (toasted)
- 1 Tsp Salt
- 1 Sprig Coriander

## DRESSING

- 3 Cloves Garlic (minced)
- 2 Tbsp Chinese Black Vinegar
- 2 Tbsp Light Soy Sauce
- 1 Tsp Sugar
- 2 Tsp Sesame Oil



Serves: 2



Prep Time: 15 mins



Cooking Time: 0 mins

## METHOD

1. Wash and peel the cucumbers in a zebra pattern (leaving long strips of the green skin intact).
2. Bash the cucumbers until they split open on the sides, using something heavy like the smooth side of a meat mallet, rolling pin or pestle. Cut the cucumber lengthways and then chop coarsely. Transfer to a medium mixing bowl, add salt, grated garlic and mix well. Set aside for a minimum of 10mins.
3. Place all the dressing ingredients into a small bowl and stir until sugar is dissolved.
4. To serve, drain excess liquid from the cucumber bowl. Pour the dressing over the cucumbers, add chopped coriander and toss well to coat. Top with sesame seeds and enjoy immediately.

SPECIAL NOTES: You can spice things up by adding some chilli oil to this salad (as desired of course).



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