

# Asian Cucumber Salad with Honey Chili Garlic Vinaigrette

Asian Cucumber Salad Ding Tai Fung style with honey garlic chili vinaigrette is the best Chinese cucumber salad for hot summer!

**Course** Appetizer, Salad, Side Dish  
**Cuisine** Chinese, Taiwanese  
**Keyword** Asian cucumber salad, Asian cucumber salad dressing, Asian cucumber salad recipe, Chinese cucumber salad, Cucumber salad asian, Easy cucumber salad, recipe for cucumber salad

**Prep Time** 15 minutes

**Resting time:** 30 minutes

**Total Time** 15 minutes

**Servings** 4 servings

**Calories** 59kcal

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5 from 19 votes

## Ingredients

- 12 oz. Persian cucumbers **about 6- 7 mini cucumbers**
- 1 tsp coarse sea salt

### For the honey chili garlic vinaigrette:

- 2.5 tbsp rice vinegar
- 0.3 oz garlic **grated**
- 2 tbsp keto honey **or 1.5 tbsp regular honey**
- 1 tbsp toasted sesame oil
- 1-1.5 tsp Garlic chili sauce **optional**

## Instructions

1. Dice the cucumbers to ½-inch thick cylinder shape pieces. In a large mixing bowl, toss with salt and let rest for 30-45 minutes.
2. In the meantime, combine the salad dressing in a bowl. It should taste garlicky, tangy, and a little sweet. Store it in the fridge.
3. Rinse the cucumbers 2-3 times to remove the salt. The cucumbers should taste a little salty but not too salty.
4. Pat dry the cucumbers with a clean towel.
5. Place them in a large serving plate and stack the extras on top to make a little tower.
6. Pour the dressing over the cucumber. Toss well and serve immediately!

## Notes

- **How long does the salad keep in the fridge?** If the cucumbers are mixed with the dressing, I recommend finishing it the next day.
- **How to make ahead** - If the cucumbers 1) haven't mixed with the dressing and 2) are patted dry after salting, you can store them in a container, lined with clean paper towels in the fridge for 2 days. Just toss them with the dressing before serving. This is the best way to make ahead Chinese cucumber salad!
- **Tip:** The cucumbers will continue to leak water after you pat them dry so only combine them with the dressing before serving.
- The total prep time does not include rest time to salt the cucumbers.
- The nutritional label is estimated with keto honey.
- You can also use store-bought chili oil. This is the brand I recommend.

## Nutrition

Serving: 1 serving | Calories: 59kcal | Carbohydrates: 9g | Protein: 1g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 1mg | Sodium: 594mg | Potassium: 134mg | Fiber: 1g | Sugar: 6g | Vitamin A: 90IU | Vitamin C: 3mg | Calcium: 18mg | Iron: 1mg

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