

CRUSHED CUCUMBER SALAD



Makes 2 servings

INGREDIENTS

2 large cucumbers

1 teaspoons salt

Black pepper, to taste

1 tablespoons lemon juice (about 1/4 lemon)

1 tablespoon soy sauce or Worcestershire sauce

Red pepper flakes, to taste

Optional: 1 teaspoon minced garlic

Optional: 2 tablespoons fresh herbs, like parsley or cilantro or mint

DIRECTIONS

1. Rinse cucumbers in cold running water. Dry with a kitchen cloth. *Optional: peel cucumbers.*
2. Crush cucumbers: Gently press cucumber between the palms of your hands and a cutting board or countertop until cucumber begins to crack. Tear cucumber into bite sized pieces starting from where the cucumber cracked. Place in a bowl.
3. To the bowl, add salt, black pepper, lemon juice, and soy sauce. If using, add red pepper flakes and minced garlic. Toss with a large spoon or salad tongs to coat cucumbers. Taste and add additional salt or pepper, if needed.
4. Garnish with fresh herbs, if using.

NOTES

This salad is often served with yoghurt or labneh.

Salad will last in the fridge for up to 2 days.