

CUCUMBER EDAMAME RICE SALAD

Author: She Likes Food Total Time: 30 minutes Yield: 4-6 1x

Diet: Vegan



This Cucumber Edamame Rice Salad is made using flavorful and fresh ingredients. It's filled with veggies and plant based protein, making it a great light lunch option, but I also enjoy it as a side dish.

This healthy rice salad comes together quickly and is great for weekend meal prep! This salad recipe is inspired by Asian flavors and reminds me a little of the veggie sushi rolls. Enjoy with a spoon or with snack size seaweed sheets!

INGREDIENTS

- 1 cup rice, uncooked
- 1/2 tablespoon toasted sesame oil
- 1/2 tablespoon soy sauce, or tamari
- 1 cup diced cucumber
- 1 cup cooked and shelled edamame, make sure the container says "ready to eat". If not, it is a good idea to completely heat the edamame before adding it in to kill any possible bacteria.
- 1 large avocado, pitted, peeled and diced
- 1/3 chopped fresh cilantro
- 1/3 cup thinly sliced green onion
- 1 tablespoon toasted sesame seeds, or more if desired
- 1 - 2 tablespoons chili crisp or chili crunch, I like to drain most of the oil off and mostly just use the crunchy part

Dressing:

- 1/4 cup neutral flavored oil, I used expeller pressed safflower oil
- 1/4 cup rice wine vinegar
- 1 tablespoon tamari, or soy sauce
- 2 teaspoons toasted sesame oil
- 1 teaspoon pure maple syrup
- 1 tablespoon chili onion crunch, or chili paste (if using chili paste you might want to use less)
- 1 clove garlic, minced
- 1/2 teaspoon grated ginger
- Salt, to taste

INSTRUCTIONS

1. Cook your rice according to package directions. This is how I cook mine: rinse your rice well and then add it to a small saucepan. Pour over 2 cups of water and place the lid on. Turn the heat on to medium-high heat and allow water to come to a slow boil. As soon as you see the water start to boil, turn the heat down to the lowest it will go and let rice cook until all the water has cooked out and the rice is cooked through, about 15 minutes or so, just keep an eye on it. Turn the heat off and let rice sit, with the lid on, for about 10 minutes before removing the lid and fluffing with a fork.
2. Make the dressing by adding all dressing ingredients to a small bowl, or jar, and whisking until completely combined. Give the dressing a taste and adjust ingredient amounts if needed. Set aside until ready to use.
3. To a large bowl, add in the cooked rice that has been slightly cooled. Pour over 1/2 teaspoon of both toasted sesame oil and soy sauce. Mix together well.
4. Next, add in the cucumber, edamame, avocado, cilantro, green onions, chili crunch and toasted sesame seeds. Give salad a quick mix and then slowly pour over the dressing. You don't have to use the entire amount of dressing. Pour a little bit over, mix it in and then see if you want more.
5. Enjoy salad immediately or refrigerate until ready to eat, about 3-4 days. Rice salad can be served warm or chilled. The avocado and the cucumber don't re-heat super well, but if it's only a few seconds in the microwave it may not be much of an issue.

Find it online: <https://www.shelikesfood.com/cucumber-edamame-rice-salad/>