

Blistered Shishito Peppers

Blistered shishitos are easy to make and totally irresistible! You'll just need shishitos, olive oil, a skillet, and this simple recipe. Recipe yields 4 appetizer servings; you can double the recipe in a large skillet.

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Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Yield: 4 servings

Ingredients

8 ounces (3 heaping cups) shishito peppers

2 teaspoons extra-virgin olive oil or avocado oil

Lemon wedge, optional

Salt, preferably flaky sea salt or kosher salt, to taste

Instructions

1. Rinse and pat the peppers dry on a clean tea towel. Transfer the peppers to a medium bowl, drizzle in the oil, and toss until the peppers are evenly coated. Set aside.
2. Preheat a medium skillet over medium heat until it's hot enough that a drop of water sizzles and evaporates quickly on contact. Add the peppers and let them cook, stirring every minute or so (not too often), until they are tender with charred spots, about 8 to 12 minutes.
3. Transfer the peppers to a serving plate. Spritz with a lemon wedge, if desired. Sprinkle with salt, to taste (don't skimp). Serve with a little bowl on the side for the pepper stems.

Source: <https://cookieandkate.com/blistered-shishito-peppers-recipe/>