



sautéed shishito peppers

Easy peasy lemon squeezy.

PREP TIME : 5 mins | COOK TIME : 8 mins | SERVINGS : 3-4

WHAT YOU NEED:



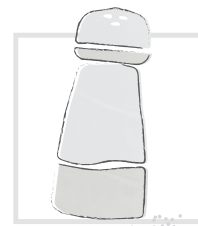
2 tablespoons
olive oil



2 cups
shishito peppers



1/2 lemon,
juiced



1 teaspoon
sea salt

INSTRUCTIONS

- 1 Heat oil in a large sauté pan until hot. Carefully place peppers into heated pan (watch out for oil splatter) and cook a few minutes on each side until you hear the peppers make a slight popping sound and the peppers begin to blister.
- 2 Shake the pan to ensure both sides get slightly blistered and peppers are tender, but not completely soft. Remove from heat. Squeeze fresh lemon juice and sea salt over the peppers before serving.



SPROUTING INTEREST

