

Charred Shishito Peppers with Lemon + Sea Salt

Shishito peppers are proof that simple ingredients can deliver extraordinary flavor. Lightly charred to bring out their natural sweetness, then finished with fresh lemon and flaky sea salt, they offer a delicious balance of smoky, bright, and savory notes. Rich in vitamin C, antioxidants, and fiber, these vibrant peppers make a nourishing appetizer or colorful side dish that's as satisfying as it is effortless.

INGREDIENTS

1 lb. shishito peppers
2 tablespoons extra virgin olive oil
1/2 teaspoon flaky salt
1/2 lemon, zested
2 teaspoons fresh lemon juice

SERVES

8

TIME

10 MIN

SPECIAL EQUIPMENT

Grill or grill pan

STORAGE

Store in an airtight container in the fridge for 2-3 days

METHOD

1. Heat a grill or grill pan over high heat.
2. Toss the shishito peppers with the olive oil until lightly coated.
3. Grill for 5–7 minutes, turning occasionally, until the peppers are blistered and lightly charred on all sides while still retaining some firmness.
4. Transfer to a serving platter and immediately sprinkle with the flaky sea salt, lemon zest, and a squeeze of fresh lemon juice.