

# Sauteéd Shishito Peppers

CHEF INSPIRED

## Ingredients

- Shishito Peppers
- Pam Spray
- Avocado Oil
- Sea salt
- Black Peppercorn
- 2 Dashes Bourbon smoked garlic salt
- ¼ teaspoon Ground Cumin
- ½ Lemon



## Directions

1. Toss shishito peppers and avocado oil in a mixing bowl. Make sure the peppers are thoroughly coated.
2. Sprinkle in salt and black pepper. Toss your peppers again so they are evenly coated.
3. Place skillet on the flame/stove and spray with Pam spray. Try to avoid cooking with additional oil as the peppers will already have oil on them. I like to get the heat from 400–450 degrees.
4. Let the peppers sauté 2–3 minutes on each side. Popping noises are ok! You should see a nice char color appearing on the shishito peppers. Toss again.
5. Turn the flame off and remove the peppers from the heat.
6. Place peppers in a mixing bowl. Add lemon juice from your squeezed lemon and 2–3 dashes of bourbon-smoked garlic salt to the mixing bowl.
7. Toss evenly and enjoy!