

RECIPE | PEPPERS

SHISHITO APPETIZER



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SHISHITO APPETIZER

Recipe created by Loubies & Lulu

INGREDIENTS

14 oz Pure Flavor® Craft House Collection Shishito Peppers
1 tbsp Avocado or olive oil
Salt and pepper, to taste

DIRECTIONS

Grill Directions:

1. Preheat the grill to medium heat.
2. Drizzle oil to lightly coat the peppers. Sprinkle with salt and pepper. Toss to coat evenly.
3. Add the pan to the grill and rotate the peppers every 2-3 minutes to cook evenly.
4. Grill until they are roasted and lightly blistered for maximum flavor, about 20 minutes.

Oven Directions:

1. Set the oven to broil and preheat while you prepare peppers.
2. Drizzle oil to lightly coat the peppers. Sprinkle with salt and pepper. Toss to coat evenly.
3. Place the pan in the oven and rotate the peppers every 2-3 minutes to roast evenly.
4. Broil until the peppers are roasted and lightly blistered for maximum flavor, 12-15 minutes.



TOTAL TIME

20 minutes

PREP TIME

N/A

COOK TIME

20 minutes

SERVES

4

COOKING LEVEL

Easy

SHISHITO APPETIZER – TANGY SESAME DRESSING

Recipe created by Loubies & Lulu

INGREDIENTS

⅓ cup olive oil, safflower oil or avocado oil
½ cup freshly squeezed lemon juice
⅓ cup tahini
¼ cup coconut aminos
3 cloves garlic, minced
2 tbsp toasted sesame oil
2 tbsp sesame seeds
1 tsp parsley, minced

DIRECTIONS

1. Add all the ingredients as listed to a large measuring cup or mason jar.
2. Using an immersion blender, blend until well combined.
3. Can be stored in the fridge for 7-10 days.



TOTAL TIME

5 minutes

PREP TIME

5 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy

SHISHITO APPETIZER – RANCH DIPPING SAUCE

Recipe created by Loubies & Lulu

INGREDIENTS

1 cup olive oil	¾ tsp onion powder
½ cup canned, full-fat coconut milk	¾ tsp garlic powder
1 egg	Handful of fresh cilantro leaves
2 tbsp red wine vinegar	
1 tbsp fresh lemon juice	
1 tsp salt	
1 tsp pepper	

DIRECTIONS

1. Add all the ingredients as listed to a large measuring cup or mason jar.
2. Using an immersion blender, blend starting from the bottom and work your way up to the top as you see it thickening.
3. Blend for approximately 1 minute.
4. If it isn't as thick as you'd like, cover and refrigerate.



TOTAL TIME

5 minutes

PREP TIME

5 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy

SHISHITO APPETIZER – KALAMATA OLIVE AIOLI

Recipe created by Loubies & Lulu

INGREDIENTS

- 1 ½ cup mayonnaise
- ⅓ cup Kalamata olives, pitted & chopped
- 1 clove garlic, minced
- 1 ½ - 2 tbsp roasted garlic
- 1 ½ tbsp fresh lemon juice
- ⅛ tsp salt

DIRECTIONS

1. Add all the ingredients as listed to a large measuring cup or mason jar.
2. Using an immersion blender, blend until well combined and you achieve a purple shade.



TOTAL TIME

5 minutes

PREP TIME

5 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy