

Sweet and Salty Shishito Bites

Prep Time: 5 mins

Total Time: 15 mins

Servings: 1-2



Ingredients

6 oz Shishito peppers (about 30 peppers)

1 Tbsp ghee (organic, grass-fed preferred) or coconut oil

Sprinkle of sea salt

Dressing

1 Tbsp miso paste

1 Tbsp organic soy sauce

1 1/4 tsp honey

1. Add ghee to a medium wok, turn to high heat and allow ghee to fully melt.
2. Add shishito peppers to pan, sprinkle with sea salt, and cook for 5-7 minutes, stirring peppers until blistered. If your peppers are different sizes and the smaller ones become fully cooked faster, remove them from the wok with tongs while the larger peppers continue to cook.
3. While peppers are cooking, stir together the miso, soy, and honey.
4. Transfer cooked peppers to a bowl and drizzle with dressing.