

Soy Ginger Shishito Peppers

Blistered Shishito Peppers sauteed in Soy Ginger Sauce are an Asian restaurant favorite that you can now easily make at home with this simple 20 minute recipe!

Course Appetizer

Cuisine Japanese

Prep Time 3 minutes

Cook Time 17 minutes

Total Time 20 minutes

Servings 4 people

Calories 68 kcal

Ingredients

- 2 tsp sesame oil divided
- 1 lb shishito peppers
- 1/4 cup soy sauce
- 1 tbsp honey
- 1 tbsp lime juice
- 1 tsp fresh ginger grated

Optional Topping

- 1/4 cup panko breadcrumbs

Instructions

1. Add 1 tsp sesame oil to a large skillet or wok on the stove over medium-high heat. Add the shishito peppers and sauté for 10 minutes.
2. Whisk the remaining 1 tsp sesame oil, soy sauce, honey, lime juice and ginger together in a small bowl to form the sauce.
3. After the shishitos have sautéed for 10 minutes, pour the sauce over the shishito peppers.
4. Reduce the heat to medium and continue to cook for 7-10 minutes or until peppers are tender and blistering on the outside.

Optional Toasted Panko Topping

1. Add panko breadcrumbs to a small skillet over medium-high heat. Allow to toast in the skillet for 5 minutes.
2. Sprinkle the breadcrumbs on top of the shishito peppers and serve.

Recipe Notes

Calorie count does not include toasted panko breadcrumbs.

Use tamari instead of soy sauce & omit the panko breadcrumbs to make this recipe gluten free.