

Blistered Shishito Peppers with Smoky Garlic Aioli

Quick-charred shishito peppers paired with creamy garlic aioli make a blood sugar-friendly appetizer that's ready in just 10 minutes with minimal oil.

Prep: 5 min

Cook: 5 min

Total: 10 min

Servings: 4

GL 0.9 / GI 25

Ingredients

high smoke point oil for searing avocado oil

mild Japanese peppers, about 1 in 10 is spicy shishito peppers

for finishing flaky sea salt

for serving lemon wedges

use avocado oil mayo for best health benefits mayonnaise

freshly squeezed fresh lemon juice

large clove, finely grated or pressed garlic clove, grated

for aioli seasoning fine sea salt

adds smoky depth without heat smoked paprika

Instructions

Step 1

Prepare the smoky garlic aioli by combining mayonnaise, lemon juice, grated garlic, smoked paprika, and fine sea salt in a small mixing bowl. Whisk thoroughly until all ingredients are fully incorporated and the mixture is smooth and creamy. Taste and adjust seasoning with additional salt or lemon juice if needed. Set aside at room temperature while you prepare the peppers.

Step 2

Rinse the shishito peppers under cold water and pat them completely dry with paper towels or a clean kitchen towel. Any moisture on the peppers will cause them to steam rather than blister, so ensure they're thoroughly dried.

Step 3

Heat a large cast iron skillet or heavy-bottomed pan over medium-high heat. Add the avocado oil and swirl to coat the bottom of the pan. Allow the oil to heat until it shimmers and just begins to smoke slightly - this high temperature is essential for proper blistering.

Step 4

Add all the shishito peppers to the hot skillet in a single layer, working in batches if necessary to avoid overcrowding. Let them sit undisturbed for 30-45 seconds to develop charred spots on the first side. This initial searing is crucial for developing the characteristic blistered appearance.

Step 5

Using tongs, toss and turn the peppers every 30 seconds, allowing each side to char and blister. Continue cooking for 3-4 minutes total until the peppers are blistered all over with dark charred spots, have softened slightly, but still retain their bright green color and structural integrity. They should be tender but not completely cooked through.

Step 6

Transfer the blistered peppers immediately to a serving plate. While still hot, sprinkle generously with flaky sea salt, allowing the salt crystals to adhere to the warm peppers.

Step 7

Serve the peppers immediately while warm, accompanied by the smoky garlic aioli for dipping and fresh lemon wedges on the side. Squeeze lemon juice over the peppers just before eating for a bright, acidic contrast to the rich aioli. Eat the peppers whole, holding them by the stem.