

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 10 minutes with minimal ingredients.

Prep: 5 min

Cook: 5 min

Total: 10 min

Servings: 4

GL 0.9 / GI 25

Ingredients

high heat cooking oil avocado oil

about 20-25 peppers shishito peppers

for finishing flaky sea salt

for serving lemon wedges

use avocado oil mayo for best quality mayonnaise

from about half a lemon fresh lemon juice

large clove, finely grated or pressed garlic clove, grated

for aioli fine sea salt

adds smoky depth 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 together until smooth and well blended. Taste and adjust seasoning with additional salt or lemon juice if needed. Set aside while you prepare the peppers. For a lighter option, substitute Greek yogurt for half or all of the mayonnaise.

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 properly.

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 evenly. Heat until the oil is shimmering and just beginning to smoke, about 2 minutes.

Step 4

Carefully add the dried shishito peppers to the hot skillet in a single layer. Let them sit undisturbed for 30-45 seconds to develop a good char on the first side. You should hear an immediate sizzle when they hit the pan.

Step 5

Using tongs, toss the peppers and continue cooking, turning every 30 seconds, until they are blistered and charred on all sides. The peppers should be softened slightly but still bright green and holding their shape, about 3-4 minutes total cooking time.

Step 6

Transfer the blistered peppers immediately to a serving plate. While still hot, sprinkle generously with flaky sea salt, allowing it to stick to the charred surfaces.

Step 7

Serve the peppers warm alongside the smoky garlic aioli for dipping and fresh lemon wedges for squeezing. To eat, hold each pepper by the stem, dip in aioli, and enjoy the tender flesh while avoiding the stem and seeds. Each serving provides approximately 8-10 peppers.