

Asian-Sesame SHISHITO PEPPERS

Add an exciting range of flavors to your next dinner with Asian-Sesame Shishito Peppers! But beware – 1 in 10 Peppers may have a spicy kick!



Nutrition Facts	
servings per container	
Serving size	(39g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 3mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 2 Minutes
Cook time: 5 Minutes
Serves: 4 People

INGREDIENTS:

- ½ pack NatureFresh Farms Shishito Peppers
- 1 tbsp. sesame oil
- ½ tbsp. freshly grated ginger
- 1 tbsp. soy sauce
- 1 tbsp. black and white sesame seeds

CHEF'S TIP:

Throw your Asian-Sesame Shishito Peppers into a stir-fry to give it some color and kick!

STEPS:

- Wash all Shishito Peppers before preparing.
- Pour sesame oil in pan and sauté Peppers on medium heat setting for 2-3 minutes, or until slightly charred.
- Turn heat off, move pan to a cold burner, and add all other ingredients to the pan. Use a wooden spoon to combine all ingredients and coat Peppers.
- Serve and enjoy!

