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Ignite your senses with Shishito Pepper Stir Fry

By

Pure Flavor & A Toasted Crumb

March 31, 2021

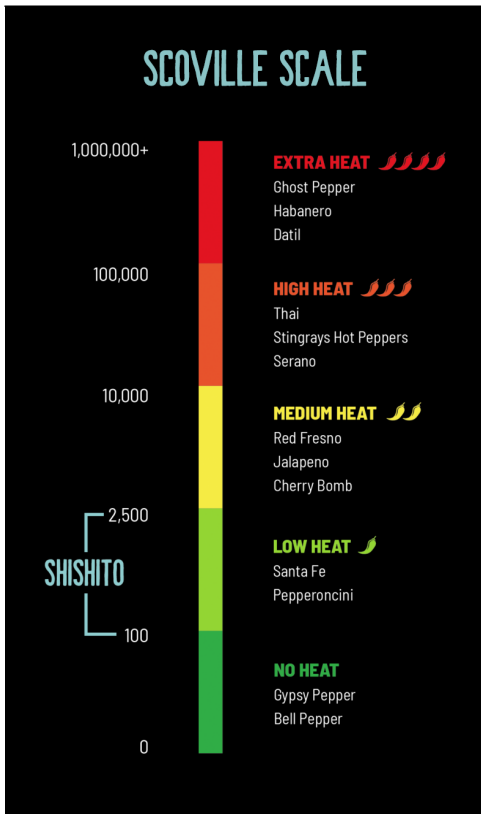
Meatless Mondays will never be the same once you discover the endless possibilities of Pure Flavor® Craft House Shishito Peppers!



Pure Flavor's® [Craft House](#)

[Shishito Peppers](#)

Pure Flavor's® [Craft House Shishito Peppers](#) are a hot new ingredient that's enticing peoples' tastebuds across the country. Amber Cardosi from [A Toasted Crumb](#) has a brand-new recipe that makes for the perfect Meatless Monday (or Tuesday, Wednesday, Thursday)... a vegan [Shishito Pepper Stir Fry](#)!



Shishito Peppers. Maybe you've heard of them before, or maybe this is your first time being introduced to this delicious, trendy ingredient. One thing is for sure: if you want to bring a little added excitement, zest and flavor to your Meatless Monday menu, this is the ingredient that will take everything to the next level.

More people are choosing to eat vegan, vegetarian or meatless meals — even if just once a week. Setting aside the potential health benefits, this kind of diet full of fresh veggies can help you discover a whole new world of flavor. When you make the decision to include more healthy vegetables in your diet, it's an opportunity to try all sorts of fresh, new flavors and ingredients.

It's no surprise that Craft House Shishito Peppers have really caught a lot of attention this year. People are choosing to incorporate flavorful and healthy ingredients that add a bit of excitement to their meals, and there's no ingredient that's quite as exciting as these peppers!

These savory little bite-sized peppers are a truly unique ingredient that every foodie, at-home chef, and flavor fanatic have to try creating with. In addition to their versatility, they have the most enticing flavor with an elusive spark of heat. One in 10 Shishito Peppers will surprise you with a little heat — not too much, but just enough to spice things up.

One of the best things about Shishito Peppers is that they help you enjoy a gourmet dish in only minutes. With the all-new Grill Pack from Pure Flavor®, all you have to do is drizzle with olive oil, season with a pinch of salt and roast them in the oven or barbecue at 400°F for 12 to 15 minutes. When they begin to char ever so slightly, they're ready to enjoy as is or with your favorite dip!

A savory, gourmet vegan meal has never been this easy!

Amber Cardosi from A Toasted Crumb recently shared how she likes to enjoy Pure Flavor's® Craft House Shishito Peppers in a quick and easy (and totally vegan!) Shishito Pepper Stir Fry made with cauliflower, red onion and a homemade stir fry sauce.

To make her recipe, start by whisking together soy sauce, vegetable broth, lime juice, rice vinegar,

maple syrup, minced garlic, minced serrano peppers, ginger and cornstarch.



Preheat your oven or barbecue to 425°. While it's heating up, chop your cauliflower into florets and slice the red onion into long, thick strips. Toss them both with olive oil, chipotle pepper powder, salt and pepper, and lay them out on a baking sheet. Roast them for 20 minutes.

Now you can turn your attention to preparing the Shishito Peppers. Simply drizzle with olive oil — there, your prep work is done! Turn on the broiler in your oven and add the Shishito Pepper Grill Pack to the middle rack. Quickly brush the cauliflower with your homemade stir fry sauce.



After about five to six minutes, stir the peppers and cauliflower to make sure they cook evenly. Broil for another five minutes and remove both trays. Season the shishitos with a pinch of flaky sea salt and serve your stir fry on a bed of rice.

For the full Shishito Pepper Stir Fry recipe, [click here](#).

This article is brought to you by [Pure Flavor](#) and [A Toasted Crumb](#).

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