

Blistered Purple Peppers with Summer Salsa

Sauce:

2 tomatillos
1 large tomato
1 jalapeño
2 cloves of garlic
2 T of hemp seeds
1 tsp salt

Peppers:

20 small sweet peppers (shishitos are a great option) left whole
3 potatoes, cubed
3 cloves of garlic, smashed
1 T olive oil
1 T coconut aminos
1 T chili paste
1 tsp salt

Garnish 1 bunch of fresh herbs of your choice (cilantro, green onion or chives recommended).

In a cast iron skillet, roast the tomato, tomatillo, jalapeño and garlic until they are blistered and charred. Transfer to a blender, adding in hemp seeds and salt. Blend until smooth, adding water or veggie broth if the sauce is too thick. Set aside.

Heat a cast iron or large pan until it is very hot (medium high heat for at least 3 minutes, depending on your stove). Add in potatoes. Let them cook for about 2 minutes and then add in peppers. Move them around the pan, ensuring that all sides of the peppers are touching heat. Add in garlic and salt. Continue cooking for 5-7 minutes, or until the majority of peppers start to blister on the skin. Turn the heat off and glaze with the coconut aminos and chili paste while the pan is still hot. Top with sauce and herbs of choice, and serve!

Recipe by Garden Chef Natalie Fisher-Chavez



ATLANTA BOTANICAL GARDEN