

Grilled Snap Peas with Chili-Miso Butter

Serves 6

1 lb. sugar snap peas, trimmed
2 Tbsp. avocado oil
1/2 tsp. salt, divided
1 Tbsp. butter, softened
1 Tbsp. white or yellow miso
1 tsp. chili-garlic sauce, or Sriracha
1 tsp. rice vinegar
Toasted sesame seeds & sliced scallions for serving

Grill Instructions:

Preheat grill to high

Toss peas with oil and 1/4 tsp salt in a large bowl. Transfer to grill basket. Grill, stirring occasionally until charred, about 4 minutes

Combine butter, miso, chili-garlic sauce (or Sriracha,) vinegar and the remaining 1/4 teaspoon salt in the bowl. Add the peas and toss to coat. Garnish with sesame seeds and scallions if desired.

koko's air fryer instructions:

Preheat air fryer to 400°F

Toss peas with oil and 1/4 tsp salt in a large bowl. Add half the peas to the basket and set timer for 10 minutes. Start frying, the shake or stir the peas half-way through frying, fry until the peas begin getting golden brown with little char spots on them. Transfer to bowl and cover with foil to keep warm until the second batch of peas are finished frying. Combine the peas and toss with the chili-miso butter.

Source: Eating Well Magazine, June 2021