

Peruvian Lomo Saltado

March 1st, 2022

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:30

Lomo Saltado is a traditional Peruvian sautéed beef stir fry. The beef is marinated in a soy sauce and Chinese vinegar mixture, stir-fried with onions and peppers, and then served with white rice and french fried potatoes.

Ingredients:

Meat and Marinade

- 1 Pound Sirloin, cut into 1/2" slices (cut against the grain)
- 3 Tablespoons Soy Sauce
- 2 Tablespoons Chinese Black Rice Vinegar or Red Wine Vinegar
- 2 Tablespoons Vegetable Oil

Vegetables

- 1 Tablespoon Vegetable Oil
- 2 Roma Tomatoes, cut into long thin wedges
- 1/2 Red Onion, cut into toothpicks
- 3 Tablespoons Soy Sauce
- 2 Tablespoons Red Wine Vinegar
- 1 Tablespoon Aji Amarillo (more or less to taste)
- 1 Green Bell Pepper, cut into toothpicks
- 1 Red Bell Pepper, cut into toothpicks
- 2 Garlic Cloves, minced

- 1 Pound Frozen French Fries, prepared according to package instructions
- 4 Servings White Rice, prepared according to package instructions
- 1 Tablespoon Fresh Cilantro, finely minced
- 1 Tablespoon Fresh Parsley, finely minced

Directions:

Mix the Marinade. Marinate the Sliced Steak for 30 minutes.

Heat 2 Tablespoons Oil in a Wok or large sauté pan.

Cook the meat in batches. Take about 1/3 the Steak from the Marinade and arrange it in the Oil, being careful not to overcrowd the pan.

Fry for 3 or 4 minutes. Turn each slice and fry another 3 minutes, until the Meat is browned.

Remove and reserve the Sliced Steak.

Repeat with the multiple batches, ensuring that you don't overcrowd the pan each time.

Follow instructions from the Frozen French Fry bag and oven-bake the French Fries so that they are crispy.

While the Fries are baking, add 1 Tablespoon Oil into the wok and heat.

Sauté the Tomatoes and Onions for 5 minutes, stirring occasionally.

Stir in the Garlic and sauté for another minute.

Add the Soy Sauce and Vinegar into the pan.

Add 1 Tablespoon Aji Amarillo and mix until fully incorporated.

Add the Peppers and toss.

Add the Steak and 1/2 the French Fries and toss again.

Reduce the heat and simmer for a few more minutes, stirring occasionally until the Peppers should be softened.

Remove from heat. Sprinkle with Cilantro and Parsley.

Prepare the White Rice.

Remove the remaining French Fries from the oven.

Serve the Stir Fry with a side of Rice and a side of French Fries.