



LOMO SALTADO

with Roasted Sweet Potato Fries



Master the secret to
crispy sweet potato fries



Sweet Potato



Red Onion



Tomato



Garlic



Carrot



Coriander



Beef Stock



Cumin



Beef Rump

Pantry Staples



Corn Flour



Olive Oil



Hot Water



Salt-Reduced Soy Sauce



Red Wine Vinegar

Hands-on: 25 mins
Ready in: 40 mins

Lomo Saltado is a traditional Peruvian Stir-Fry that combines beef steak with onions, tomatoes and fries. The sweet potato fries soak up the delicious sauce on top!

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **oven tray** lined with **baking paper**, **garlic crusher**, **small jug**, **large frying pan**, **tongs**, **plate**, **aluminium foil** and **wooden spoon**. Let's start cooking the **Lomo Saltado with Roasted Sweet Potato Fries**



1 PREP THE SWEET POTATO FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into fries and add to the prepared oven tray. 🍴 Sprinkle over the **cornflour** and season with **salt** and **pepper**. Drizzle over **1/2 the olive oil**, toss to coat and bake in the oven for **25-30 minutes**, or until crisp.

Tossing the fries in cornflour before you bake them helps them to crisp up!



4 COOK THE BEEF

Heat the **remaining olive oil** in a large frying pan over a medium-high heat. Season the **beef rump** with **salt** and **pepper** and cook for **3-4 minutes** on each side for medium rare, or until cooked to your liking. Cooking times may vary depending on the thickness of your steak. Transfer to a plate, cover with aluminium foil and set aside to rest for **5 minutes**. Thinly slice.



2 PREP THE VEGGIES

Meanwhile, finely slice the **red onion**. Cut the **tomato** into wedges. Peel and crush the **garlic**. Peel the **carrot** and cut into thin batons. Finely chop the **coriander** leaves.



5 COOK THE VEGGIES

Reduce the heat to medium and add the **red onion** and **carrot**. Cook for **7 minutes**, or until softened. Add the **tomato** and **garlic** and cook for a further **1 minute**, or until the tomato is softened and the garlic is fragrant. Add the sauce to the pan and cook for **1 minute** to heat through. Remove from the heat and stir through the sliced **beef**.



3 PREPARE THE SAUCE

In a small jug combine the crumbled **beef stock** cube, **hot water**, **cumin**, **salt-reduced soy sauce** and **red wine vinegar**. Season with **salt** and **pepper**. Set aside.



6 SERVE UP

To serve, divide the lomo saltado and sweet potato fries between plates. Sprinkle over the **coriander**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potatoes	400 g	800 g
corn flour*	½ tbs	1 tbs
olive oil*	2 tbs	4 tbs
red onion 🍷	½	1
tomato	1	2
garlic	1 clove	2 cloves
carrot	1	2
coriander 🍃	½ bunch	1 bunch
beef stock	1 cube	2 cubes
hot water*	3 tbs	6 tbs
cumin	½ sachet (½ tsp)	1 sachet (1 tsp)
salt-reduced soy sauce*	½ tbs	1 tbs
red wine vinegar*	1 tbs	2 tbs
beef rump	1 steak	2 steaks

*Pantry Items | 🍷 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (521Cal)	342kJ (82Cal)
Protein (g)	40.3g	6.3g
Fat, total (g)	18.5g	2.9g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	43.4g	6.8g
- sugars (g)	21.2g	3.3g
Sodium (g)	454mg	71mg

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