



BEEF STIR-FRY LOMO SALTADO

SERVINGS 1
PREP TIME 20 min
COOK TIME 5 min

INGREDIENTS

- 12 ounces rib-eye steak
- Salt and freshly ground black pepper
- Garlic, to taste
- 1/8 cup vegetable oil, plus more for deep-frying
- Handful precooked french fries
- 1/4 medium red onion, thinly sliced
- 1/4 medium tomato, sliced
- 3 to 4 teaspoons vinegar
- 1 teaspoon soy sauce
- 1 to 2 ounces Beef Broth or beer

DIRECTIONS

1. Begin by cutting the steak in long pieces by 1 1/2 to 2 inches.
2. Following this, season the steak with salt, pepper and garlic.
3. Now in a deep-fryer or heavy bottomed pot, fill halfway with oil and heat to 350° F.
4. After the oil has heated, add in the fries and fry them until they are golden brown. Once completed, remove them and let them drain on a Pyrex dish layered with paper towels.
5. Following this, add in the 1/8 cup of Vegetable oil to a medium-sized skillet over medium heat. Once the oil is hot, place the rib eye slices inside.
6. After the meat has begun to turn brown, add the onions into the mixture and cook until they soften.
7. Following this, add in the tomato, vinegar and soy sauce.
8. Now, pour the beef broth or beer of your choice into the mixture and simmer until the vegetables are completely cooked.
9. Finally, spoon the beef mixture into a serving plate and top with the fries. Garnish with parsley and serve with white rice.



- 2 to 3 pinches chopped parsley leaves or cilantro
- Steamed white rice, for serving