

# Lomo saltado with potatoes

Rezept für 4 Personen



Laktosefrei

# Zubereitung

## Zutaten Marinade

- 2 garlic cloves, crushed
- 150 ml soy sauce
- 30 ml red wine vinegar
- 2 tsp Worcester sauce
- ½ tsp oregano, dried
- ½ tsp cumin, ground
- 2 tbsp water
- Black pepper

## Zutaten Side dish

- 2 hard-boiling potatoes
- 200 g wholegrain rice
- Olive oil, salt, pepper

## Zutaten Wok

- 600 g beef cubes
- 2-3 cm, from fillet or rump
- 2 tbsp vegetable oil for frying
- 1 large red onion
- 2 meaty tomatoes
- 1 yellow bell pepper
- 1 chilli, deseeded
- 20 ml pisco
- cilantro, parsley,
- toasted sesame seeds

## Zubereitung Marinade

Mix all the marinade ingredients in a bowl, add the meat, cover and leave to marinate in the fridge for about 4 hours.

## Zubereitung Side dish

Cook the rice in plenty of water for approx. 40 minutes. Cut the potatoes into wedges and mix with the oil and spices. Place on a baking tray lined with baking paper and bake in the oven at 220°C for approx. 18 minutes.

## Zubereitung Wok

Cut the tomatoes, onions, peppers and chilli into strips. Place the marinated meat in a sieve and drain, collecting the marinade. Pat dry a little. Heat the oil in a wok pan and when it is really hot, fry the meat in it. Swirl the pan a few times and remove the meat from the pan. Set aside in a bowl.

Tip: Don't fry too much meat at once, but rather in smaller batches.

Fry the onions and chillies in the wok until they are slightly translucent. Add the tomatoes, chilli and pisco and toss. Add the meat marinade, boil once and turn off the heat. Add the meat and leave to warm. Garnish with cilantro, parsley and toasted sesame seeds. Serve with the rice and potato wedges.