

Peruvian Lomo Saltado Steak

Perhaps Peru's most popular dish, Lomo Saltado is a steak stir fry served with peppers, onions and fresh tomatoes in a delicious South American inspired sauce. Served up over roasted sweet potatoes, it's a 30-minute meal you'll love.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl
Large Ziplock Bag

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Steak
Tomatoes
Peppers & Onions
Saltado Sauce
Peruvian Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you butternut squash instead of the sweet potatoes, reducing the **carbs per serving to 32g**. In step 2. Toss the butternut squash with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 10 to 12 minutes.

Leftovers tip – This makes a great leftover lunch. Toss with lettuce for a hearty salad.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 485 Calories, 14g Fat, 34g Protein, 55g Carbs, 14 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Grape Tomatoes, Cubanelle Peppers, Yellow Peppers, Red Onion, Tamari, Mayonnaise, Red Wine Vinegar, Lemon, Cumin, Cilantro, Jalapeno, Dijon Mustard

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Roast the Sweet Potatoes

Arrange the **Sweet Potatoes** in a single layer on a rimmed baking sheet and drizzle with olive oil, salt, and pepper. Bake until tender and golden brown, 18 to 20 minutes.

3. Cook the Steak

Heat 1 Tbsp of olive oil in a large skillet over high heat. When the skillet is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**).

Set aside to rest for 5 minutes on a cutting board. Don't clean the pan, you'll be using it in the next step.

After the steaks have rested, arrange them horizontally and using a sharp knife, cut the steaks into even strips (we aim for ¼ to ½ inch strips).

4. Sauté the Veggies

While the steaks are resting, place the **Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Pour the entire contents of the ziplock bag into the same skillet you used for the steaks and cook over medium-high heat for 5 minutes. Add the **Peppers & Onions** and cook until they start to soften, about 3 to 4 minutes.

5. Put It All Together

Add the brown **Saltado Sauce** to the skillet and cook until the sauce thickens a bit and covers the veggies, about 3 minutes.

Remove the skillet from the heat and mix in the sliced steak and roasted sweet potatoes. Serve drizzled with the creamy white **Peruvian Sauce**. Enjoy!

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Don't pulverize the tomatoes. You want to keep some chunks to provide texture for the sauce.

Instructions for two servings.

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