

Lomo Saltado | Plant-Based

Swick

Serves 1 | Active Time: 35 minutes | Total Time: 1 hour

Chef's Notes

When making fries, it's best to soak the potatoes prior to cooking. Soaking removes some of the surface sugar from the potatoes and gives them a delicate, crispy crust. Cold water is often used, however, it's fine to use hot water to speed up the process.

Preparing Your Mise en Place

Preheat your oven to 475°F (245°C). Peel, rinse and cut the potatoes into small, even strips and place into a bowl of hot tap water for at least 15 minutes. Slice the peppers into 2-inch strips. Slice the onion vertically. Core and cut each tomato into 8 wedges.

Slice the beefless strips in half against the grain into bite-sized pieces. Note that the strips are easier to cut if they are still somewhat frozen.

Drain the potatoes and pat dry. Toss the potatoes with about one tablespoon of the oil. Season well with salt and pepper and toss again. Oil a baking tray with 3 or 4 tablespoons of the oil. Lift the potatoes out of the bowl and place onto the baking tray. Arrange them in a single layer, wrap with foil and place into the oven. Bake for approximately 10 minutes.

Next, remove the foil from the potatoes. Continue to bake for approximately 15 to 20 minutes or until golden brown underneath. Once golden, flip them over and continue to bake for another 10 to 15 minutes or until golden on both sides.

Step 1: Preparing Your Mise en Place

- 4 small russet potatoes
- 1 medium green pepper
- 1 medium red pepper
- 1 large onion
- 2 medium tomatoes
- 1 (9-oz) pkg Gardein Beefless Strips
- 4 to 5 tbsp peanut oil
- sea salt, to taste
- freshly ground black pepper, to taste

Step 2: Cooking & Finishing the Dish

- 1/4 cup soy sauce
- 1/4 cup white wine vinegar
- 2 tsp sambal oelek or aji amarillo paste (or to taste)
- 3 tsp peanut or grapeseed oil
- sea salt, to taste
- freshly ground black pepper, to taste
- Jasmine Rice, (to serve as a side)

For this step, timing is key. First check the rice. When it's done, turn off the heat and fluff with a fork. Then set it aside with the lid slightly ajar. About 10 minutes before the fries are done, preheat a wok or large fry pan over high heat.

Once the wok is hot, add the oil, followed by the beefless strips, spreading the strips out so that they come into contact with the hot wok. Let cook for a minute or so before tossing. Allow the strips to cook for a couple of minutes, or until they have heated through and started to brown and crisp on each side. Once cooked, remove and set aside while you fry the second batch. Next, add a touch more oil, if needed, followed by the onions. Cook for about a minute and then add the peppers. Cook the onions and peppers for a couple of minutes and then add the reserved beefless strips, followed by the tomatoes. Gently toss to combine the ingredients.

Add the soy sauce, vinegar and sambal oelek. Gently toss to coat the ingredients in the sauce. Lastly, add the potatoes, season with salt and pepper, toss and serve immediately.

Serve with a side of the Jasmine Rice and additional sambal oelek, if desired.