



GREEN
CHEF

10



Keto

Lomo Saltado Inspired Steak

With Aji Verde

Cook time: 20-25 mins | **Servings:** 2 or 4 portions | Medium Spice

Carbs

18g

Protein

35g

Fat

25g

Calories

436 Kcal

5-a-day

3 portions

Typical Values Per Serving

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a Garlic Press, Bowl, Frying Pan.

Ingredients

Ingredients	2 people	4 people
Beef Rump Steak**	2	4
Bell Pepper*** 24)	1	2
Green Pepper** 24)	1	2
Echalion Shallot**	1	2
Vine Tomatoes	2	4
Garlic**	2	4
Green Chilli**	1	2
Coriander**	1 bunch	2 bunches
Lime**	1	1
Mayonnaise 8) 9)	1 sachet	2 sachets
Cumin	1 sachet	2 sachets
Tamari Sauce 11)	1 sachet	2 sachets
Red Wine Vinegar 14)	1 sachet	2 sachets
*Not Included **Keep in the Fridge ***Based on season, the colour of your bell pepper will either be red, orange, or yellow to guarantee you get the best quality pepper.		

Nutrition	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	1823 /436	346 /83
Fat (g)	25	5
Sat. Fat (g)	7	1
Carbohydrate (g)	18	3
Sugars (g)	11	2
Protein (g)	35	7
Salt (g)	0.72	0.14
Nutrition for uncooked ingredients based on 2 person recipe.		

Allergens

8) Egg 9) Mustard 11) Soya 14) Sulphites

May contain: 24) Celery

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.


Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or chat to us via our website

Grocery Delivery E-Services UK Ltd,
60 Worship St, London, EC2A 2EZ

 You can recycle me!

Now, let's get cooking!

1



Remove the **steak** from your fridge and bring it up to room temperature. Halve the **bell pepper** and **green pepper**, and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **shallot**. Chop the **tomatoes** into 2cm pieces. Peel and grate the **garlic** (or use a garlic press).

2



Halve the **chilli** lengthways, deseed then finely chop. Finely chop the **coriander** (stalks and all). Juice **half** the **lime**, cut the remaining **half** into **wedges**. In a small bowl, mix the **mayonnaise**, **lime juice**, **half** the **coriander** and **half** of the **chilli** (beware - it is hot). If you'd like to, season with **salt** and **pepper**. This is your **Aji Verde**.

3



Heat a large frying pan over a high heat with a drizzle of **oil**. Season the **steaks** on both sides with **salt** and **pepper**. When the **oil** is hot, lay the **steaks** in the pan and brown for one min on each side. Sprinkle with **half** the **cumin** and remaining **green chilli**. Lower the heat to medium and cook the **steaks** for another 30 secs on each side for medium-rare. Add 1-2 mins extra on each side for medium or well done. Transfer to a plate to rest, covering with another plate or foil to keep warm. Keep the pan for the next step. **IMPORTANT: The steak is safe to eat when the outside is browned.**

4



Put the pan back on a medium-high heat with a drizzle of **oil**. Add the **peppers** and stir-fry until starting to soften, 3-4 mins. Add the **shallot**, **tamari** and **red wine vinegar**, and fry until softened, 2-3 mins. Add the **tomatoes**, **garlic** and remaining **cumin**. Fry until the **tomatoes** have softened, stirring occasionally, 2-3 mins.

5



Slice the **steak** widthways on a chopping board into 1cm slices.

6



Divide the **veggies** between your plates. Add your **Lomo Saltado steak** next to the **veggies**. Drizzle the **Aji Verde sauce** across the **steak** and sprinkle with the remaining **coriander**. Garnish with a **lime wedge**.

Enjoy!

