

# DINNERLY



## Low-Carb Lomo Saltado with Cauliflower Rice & Fries



40min



2 Servings

Lomo saltado typically translates to "sautéed steak," but at Dinnerly HQ it means "crazy delicious." We've got you covered!

## WHAT WE SEND

- 1 potato
- 1 yellow onion
- 1 plum tomato
- ½ lb pkg beef strips
- 12 oz cauliflower rice
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- ¼ oz granulated garlic

## WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar

## TOOLS

- rimmed baking sheet
- microwave
- medium heavy nonstick skillet

## ALLERGENS

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 480kcal, Fat 26g, Carbs 40g, Protein 27g



### 1. Make fries

Preheat oven to 450°F with a rack in the lower third.

Scrub **potato**; cut into ½-inch thick fries. Toss on a rimmed baking sheet with 1 **tablespoon oil**; season with **salt** and **pepper**. Bake on lower oven rack until browned and crisp, 20–25 minutes, flipping halfway.



### 2. Prep ingredients

Meanwhile, cut **half of the onion** into ½-inch wedges (save rest for own use). Cut **tomato** into ¾-inch wedges. Pat **beef strips** dry and season with **salt** and **pepper**.

Add **cauliflower rice** to a medium microwave-safe bowl. Cover and microwave until just tender, stirring halfway, 4–5 minutes. Season with **salt** and **pepper**. Keep covered.



### 3. Cook beef

In a medium heavy nonstick skillet (like cast iron!), heat 1 **tablespoon oil** over high until it begins to smoke. Add **beef** and cook, stirring until fully browned, about 2 minutes. Transfer beef to a plate.

Add 1 **tablespoon oil** to skillet. Add **onion** and cook until browned in spots and crisp-tender, 1–2 minutes.



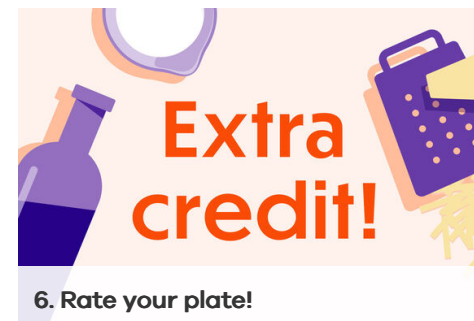
### 4. Stir-fry vegetables

Push **onion** to sides of skillet and add **tomato wedges** to center. Cook until browned on the bottom but still hold their shape, about 1 minute. Add ½ **teaspoon granulated garlic** and stir to combine. Cook until fragrant, 15–30 seconds. Add **beef, tamari, 2 tablespoons vinegar**, and 1 **teaspoon sugar**, stirring to combine. Remove from heat.



### 5. Finish & serve

Serve **beef and vegetables** over **cauliflower rice** with **fries** alongside. Enjoy!



### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.