



CHEF JOSE GARCES, CHIFA
www.chifarestaurant.com

LOMO SALTADO WITH STEAMED YUCCA AND MOJO SAUCE

Ingredients:

- 1 medium yucca
- 2 cloves garlic
- olive oil
- 1 orange
- 1 lime
- 1 tsp soy sauce (low sodium)
- pinch cumin
- 1 steak of preference
- vegetable oil
- 1 green pepper
- 1 red pepper
- 1 onion
- 1 Tbsp chopped cilantro

Nutrition Facts

Serving Size 6 g

Amount Per Serving

Calories 6

Calories from Fat 0

	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrates 1.3g	0%
Sugars 2.6g	
Protein 0.7g	

Vitamin A 1%

Calcium 1%

• Vitamin C 2%

• Iron 1%

* Based on a 2000 calorie diet

Directions:

Peel yucca, quarter lengthwise. Remove inner membrane and cut into batons. Put it in water until ready to cook. Steam or boil in salted water for half an hour.

Mojo Sauce:

Toast garlic in olive oil and add to a bowl, squeeze in juice of one orange and one lime, add few drops of soy sauce and a pinch of cumin.

Heat frying pan and add vegetable oil, place steak seasoned on both sides with salt and pepper and sear 2-3 minutes on each side. Put it in the hot oven for a few minutes.

Add vegetable oil to pan and add mixture of julienned green peppers, onion and red pepper and heat it through. Add pre-cooked yucca, mojo sauce and cilantro to vegetable mixture.

Place beef over veggies, garnish with cilantro leaves.

Serves 2

For more information please visit:
WHYY.org/widerhorizons/chefsguide.html