

Pollo Saltado

Pollo saltado is a popular comfort food in Peru. Part of chifa tradition - Chinese-Peruvian cuisine - it's a stir fry dish that has become my number one recipe for entertaining guests! It's easy to scale for larger servings and managing multiple pans, but pollo saltado is also one of the most mouth-watering recipes ever encountered!

The fusion of potatoes, rice, and a soy sauce and vinegar base create a perfect blend of sour and savory. Tomatoes and cilantro add refreshing notes while the hot peppers keep guests on their toes.

If you are unable to find amarillo peppers and a habañoero is too strong, jalapeño peppers are a good match for the spice level; they're just not quite as fruity or flavorful.

Serves 4

Prep Time 20 minutes

Cook Time 25 minutes

Ingredients

- 1 lb chicken breast, sliced into strips
- 2 cloves garlic, minced
- 2 medium tomatoes, sliced into wedges
- 1 large yellow onion, sliced into wedges
- 2 amarillo peppers or 1 habañoero pepper, seeded and julienned
- 6 button mushrooms, quartered
- ¼ bunch cilantro, chopped
- 2 cups* white rice, steamed
- ½ bag frozen French fries, unseasoned
- 3 tbsp neutral oil
- ½ tsp cumin
- pepper, to taste

Sauce

- 6 tbsp soy sauce
- 3 tbsp red wine vinegar
- 1 tbsp pisco

1. Steam rice in a rice cooker. Preheat oven as per directions on bag of french fries. When 15 minutes remain on the fries, continue.
2. Season chicken strips with pepper and cumin. Heat oil in a wok on high heat. When oil is hot, add chicken and cook until golden, about 7-10 minutes.
3. Add onions, tomatoes, amarillo peppers, mushrooms, and garlic, stirring for 2 minutes.
4. Add soy sauce, vinegar, and pisco. Stir for 1 minute.
5. Remove from heat and top with cilantro. Mold each serving of rice in a small bowl or cup and plate with a bed of fries. Serve stir fry over fries.

* Cup refers to a rice cooker's cup, which is approximately $\frac{3}{4}$ cup when translated to standard U.S. cups.



Nutrition Facts

Servings 4

Amount per serving

Calories **731**

% Daily Value

Total Fat 26%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 1792mg 75%

Protein 41g 82%

Total Carbohydrate 102g 34%

Dietary Fiber 4g 15%

Sugars 4g

Includes 0g Added Sugars 0%

Vitamin D 8mcg 2%

Calcium 40mg 4%

Iron 3mg 16%

Potassium 427mg 9%