

Hours

Sous Vide Top Sirloin, Farro And Compressed Watermelon Salad

Fresh and light, this cold grain salad with Top Sirloin Steak and watermelon is a refreshing change. Immerse yourself in flavor.

INGREDIENTS

1 pound beef Top Sirloin Steak, 3/4 to 1-inch thick

2 tablespoons fresh lime juice

1/4 teaspoon salt

4 sprigs fresh cilantro

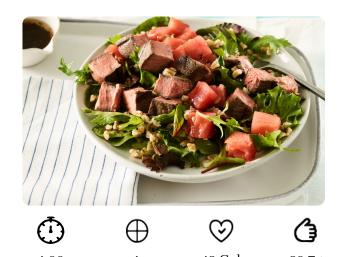
4 cups mixed salad greens

2 cups farro, cooked and chilled

1/2 cup balsamic vinaigrette

2 pieces fresh watermelon, 7 x 3 x 3/4-inch

2 tablespoons fresh lime juice



Protein

Servings

COOKING

- 1. Add watermelon and 2 tablespoons lime juice to food-safe plastic bag and seal, removing as much air as possible. Refrigerate for 2 hours.
- 2. Meanwhile attach sous vide wand to stock pot. Fill pot with water according to manufacturer instructions.
- 3. Preheat sous vide wand to 141°F.
- 4. Add beef, lime juice, salt and cilantro to food-safe plastic bag and seal, removing as much air as possible.
- 5. Submerge bag in water for 45 to 60 minutes. Carefully remove from bag; discard bag.
- 6. Preheat non-stick skillet or grill to medium. Cook steak 2 minutes on each side to $145^{\circ}F$ for medium-rare doneness. Rest 5 minutes. Slice into 3/4-inch cubes. Season with salt and pepper as desired.
- 7. Remove watermelon from bag; discard bag. Slice watermelon into cubes. Divide greens, watermelon, farro and beef evenly among 4 plates. Top with balsamic vinaigrette, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		13.3g	56mg		47.6g	29.7g	1	0

^{*}The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

 $Courtesy\ of\ BeefIts Whats For Dinner.com$