

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



4.00
Hours



4
Servings



42 Cal




29.7g
Protein

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°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		
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 BeefItsWhatsForDinner.com