



Skirt Steak With Chimichurri Sauce



SERVES: 4

PREP TIME: 15 MINUTES

COOK TIME: 10 HOURS

Ingredients

- 2 pounds (900g) flank steak
- Salt and pepper to taste

Chimichurri Sauce

- 2 cups (80g) fresh Italian parsley
- 2 cups (80g) fresh cilantro, chopped
- 4 medium garlic cloves, minced
- 1 tablespoon capers
- 1 tablespoon caper juice
- ½ teaspoon red pepper flakes
- ¾ cup (180ml) olive oil
- ½ teaspoon kosher salt

Preparation

1. Fill your sous vide water bath with water and preheat to 132°F (55.5°C).
2. Season the flank steak with salt and pepper, before placing into a 1 gallon (3.80 liter) vacuum pouch and vacuum sealing.
3. Submerge the pouch completely in the water bath and cook for 10 hours
4. To create the chimichurri sauce, place all ingredients into a blender or food processor. Add the olive oil and pulse until all ingredients are combined.
5. Once cooked, remove the flank steak from the vacuum pouch and pat dry with a paper towel.
6. In a skillet on a high heat, sear the flank steak on each side for approximately 15 seconds.
7. To serve, thinly slice the flank steak and transfer onto individual plates. Pour over the chimichurri sauce and serve.