

Sous Vide Steak

Yield: 1 min
Total Time: 77 min

Recipe from: <https://www.recipeschoose.com/recipes/sous-vidé-brazilian-chimichurri-recipe>

Ingredients:

- 1 steak 1? thick
- kosher salt
- freshly ground black pepper
- 2 thyme sprigs fresh
- 1 tablespoon canola oil or other neutral oil
- 1 tablespoon butter

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 30 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. SaturatedFat: 8 grams
7. Sodium: 870 milligrams

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