



Sous Vide Citrus Herb Pork Tenderloin with Summer Vegetable Succotash & Creamy Sweet Potato Mash

Protein

Sous Vide Citrus Herb Pork Tenderloin

- 1½–2 lb pork tenderloin
- 2 cloves garlic, smashed
- Zest of 1 lemon
- Zest of ½ orange
- 1 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp fresh rosemary, chopped
- 1 tsp fresh thyme
- 1 tsp 1PL8 Herb Salt™
- Freshly cracked black pepper

Cooking

1. Season the pork and place it in a sous vide bag with the garlic, citrus zest, herbs, and olive oil.
2. Cook at **140°F for approximately 1½–2 hours.**
3. Remove from the bag and **pat completely dry.**
4. Heat a skillet over high heat and sear the pork quickly on all sides until beautifully browned.
5. Rest for 5–10 minutes before slicing.



Chef Rich Tip

Moisture is the enemy of a good crust.

“Before that pork hits the pan, get it nice and dry. We already cooked it perfectly with the sous vide. Now we’re just looking for that beautiful golden-brown crust.”

Creamy Sweet Potato Mash

- 2 large sweet potatoes, peeled and cubed
- 2 cloves garlic
- 1 tbsp olive oil
- $\frac{1}{4}$ – $\frac{1}{2}$ cup low-sodium chicken or vegetable stock
- 1 tsp fresh thyme
- $\frac{1}{2}$ tsp 1PL8 Herb Salt™
- Freshly cracked black pepper
- 1 tsp fresh lemon juice

Method

1. Boil or roast the sweet potatoes until completely tender.
2. Mash with roasted or cooked garlic, olive oil, thyme, and enough warm stock to create a smooth, creamy texture.
3. Finish with a small squeeze of fresh lemon juice.

Chef Rich Tip

“You don’t need a refrigerator full of butter and heavy cream to make mashed sweet potatoes creamy. A little olive oil, some warm stock, roasted garlic, and good seasoning will get you there.”

Summer Vegetable Succotash



- 1 cup fresh corn kernels
- 1 cup fresh green beans, cut into bite-size pieces
- 1 small zucchini, diced
- 1 small yellow squash, diced
- ½ red onion, diced
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- ½ tsp 1PL8 Herb Salt™
- Freshly cracked black pepper

Method

1. Heat olive oil in a large skillet over medium-high heat.
2. Add the green beans and cook for 2–3 minutes.
3. Add the zucchini, yellow squash, corn, and red onion.
4. Cook until the vegetables begin to caramelize but still have some bite.
5. Add garlic and smoked paprika.
6. Cook for another 30 seconds.
7. Add the cherry tomatoes at the very end and cook just until they begin to soften.

Chef Rich's Point

Don't overcook your vegetables.

“We’re looking for contrast here. That pork should be tender. Those sweet potatoes should be creamy. And these vegetables? I want a little crunch. That’s what makes every bite interesting.”



Fresh Lemon Herb Pan Sauce

- ½ cup low-sodium chicken stock
- Juice of ½ lemon
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- 1 tsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh basil, chopped
- 1 tsp fresh rosemary, finely chopped
- 1PL8 Herb Salt™, to taste
- Freshly cracked black pepper

Method

1. After searing the pork, remove it from the skillet.
2. Add the chicken stock, lemon juice, Dijon, and garlic to the same pan.
3. Scrape up those flavorful browned bits from the bottom.
4. Simmer for 2–3 minutes until slightly reduced.
5. Turn off the heat.
6. Stir in the olive oil and **fresh herbs at the very end.**
7. Taste and adjust the seasoning.

Chef Rich Tip

“Here’s the trick with fresh herbs: don’t cook the life out of them. We want those herbs going in at the end so you get that fresh, bright flavor.”



Chef Rich Health Lessons

Pork Tenderloin

One of the leaner cuts of pork, tenderloin gives you plenty of high-quality protein without needing a heavy sauce or breading.

Sweet Potatoes

Naturally sweet, filling, and a good source of fiber and vitamin A. They're an inexpensive way to add nutrition and color to your plate.

Summer Vegetables

The combination of corn, green beans, squash, tomatoes, and onion gives you a variety of colors, textures, fiber, vitamins, minerals, and beneficial plant compounds.

The goal isn't to find one "perfect" food. It's to build a plate with variety.



