

# roast beef tenderloin with brussels sprouts

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**SERVES 2 • READY IN 40 MINUTES OR LESS**

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Preheat air fryer to 350° F. Pat tenderloin dry and brush with mustard on all sides, sprinkle with thyme and salt. Place in an air fryer for 20-25 min or until desired doneness. Remove and tent with foil to rest the roast.

Meanwhile, toss sprouts with olive oil, salt, and balsamic dressing. Place in air fryer and cook for 5 minutes.

Brush roast with remaining balsamic dressing, slice thin, and serve with brussels sprouts.

## Ingredients:

- 2 portions of beef tenderloin roast
- 1 tbsp hot mustard (sugar-free)
- ½ tsp dried thyme
- ¼ tsp salt
- 1 ½ tbsp Ideal Protein balsamic dressing
  
- 2 cup brussels sprouts, cut in half
- 1 tsp olive oil
- ⅛ tsp salt
- ½ tbsp Ideal Protein balsamic dressing