

roast beef tenderloin with brussels sprouts

Phase 1 Recipe

SERVES 2 | READY IN 40 MINUTES

Ingredients:

- 2 portions* of beef tenderloin roast
- 1 tbsp hot mustard
- ½ tsp dried thyme
- ¼ tsp salt
- 2 tbsp Ideal Protein Balsamic Dressing
- 2 cup brussels sprouts, cut in half
- 1 tsp olive oil
- ⅛ tsp salt

Preheat air fryer to 350°F. Pat tenderloin dry and brush with mustard on all sides, sprinkle with thyme, and salt. Place in 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 1 ½ tsp balsamic dressing. Place in air fryer and cook for 5 minutes.

Brush roast with remaining ½ balsamic dressing, slice thin and serve with brussels sprouts.

*US: 1 Portion = 4-6 ounces

*CA: 1 Portion = 8 ounces