



Air Fryer Pork Tenderloin

This juicy Air Fryer Pork Tenderloin is perfect for those busy days! Just 5 minutes of prep time and about 20 minutes of hands-off cooking will leave you with a tasty meal to serve up!

Ingredients:

- Pork tenderloin (1.25 lbs – 1.75 lbs)
- 2 tbs brown sugar
- 1 tbs smoked paprika
- 1.5 tsp salt
- 1 tsp ground mustard
- ½ tsp onion powder
- ½ tsp ground black pepper
- ¼ tsp garlic powder
- ¼ tsp cayenne powder (optional)
- ½ tbs olive oil

Directions:

- Mix all the dry ingredients and mustard in a bowl.
- Trim the pork tenderloin of any excess fat, and coat with ½ tbsp of olive oil. Rub the spice mixture on the entire pork tenderloin.
- Preheat air fryer to 400°F. (If you don't have an air fryer, preheat your oven to 400°F)
- Once air fryer (or oven) reaches temp, place the pork tenderloin into the air fryer and let fry for 20-22 minutes (18-20 minutes for the oven). Internal temp should be about 145°-160°F.
- Carefully remove pork tenderloin to a cutting board and let it rest for 5 minutes before slicing so that it stays juicy and tender.
- Save any juices left in the fryer to serve over the sliced meat and enjoy!

“Be stronger than your excuses.”

