

honey dijon pork tenderloin and fall vegetables

SERVES 2 • PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES RESTING TIME: 10 MINUTES

PHASE 1



Ingredients:

Pork

- 2 tbsp hot mustard
- 2 servings sized pork tenderloin*
- ¼ tsp salt
- ¼ tsp ground black pepper
- Cooking oil spray

Vegetables

- 2 cups fennel, as thinly sliced as possible
- 1 cup radicchio, shredded
- 1 cup baby kale
- 1 sprig thyme, leaves only
- 1 tsp olive oil
- ¼ tsp salt

- 3 tbsp Ideal Protein Honey Dijon sauce, divided

Preheat air fryer to 375°F.

Rub the entire pork tenderloin in mustard. Season with salt and black pepper.

Spray air fryer basket with cooking oil spray. Insert pork tenderloin and spray with cooking oil spray.

Air fry for 20-25 minutes or until internal temperature reaches 145-160°F.

Meanwhile, toss all vegetable ingredients together.

Remove pork from the air fryer and place on a cutting board. Brush with honey dijon and tent with tin foil and allow to rest for 5-10 minutes before slicing.

Toss vegetables with remaining Honey Dijon.

Slice pork tenderloin and serve with vegetables.

**US portion size: 6oz; CA portion size 8oz*