

AIR FRYER PORK TENDERLOIN

INGREDIENTS

- 1 $\frac{1}{2}$ pounds pork tenderloin
- $\frac{1}{4}$ cup cajun
- 1 tablespoon brown
- 1 tablespoon olive

US CustomaryMetric

INSTRUCTIONS

- Preheat your air fryer to 400°F, while you mix up the rub and prepare the pork. This should only take about 5 minutes.
- Add the cajun seasoning and brown sweetener to a bowl and whisk together.
- Remove any excess fat and silver skin from your pork tenderloin, then pat dry with paper towels.
- brush the olive oil all over the pork. Sprinkle the dry rub mix over the pork and rub on all sides with your hands.
- 400°F for 20 minutes or until it reaches an internal temperature of at least 145°F on a meat thermometer. Flip half way through cooking, if you're not using an air fryer oven like this one
- Allow to rest for 10 minute before slicing. This allows the juices to redistribute into the pork.

RECIPE NOTES

If you already have a store bought cajun seasoning that you like, you can certainly use that instead of making your

own .