

Pork Loin, Roast Carrots & Squashed Potatoes

Per Portion
408 Calories
25g Protein
45g Carbs
14g Fat



Ingredients

- 500g pork tenderloin, trimmed
 - 2 tsp oil
 - ½ tsp salt
 - ½ tsp black pepper
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 1 garlic clove, crushed
- 1 tsp dried thyme
- 450g carrots, trimmed and halved
 - Drizzle of oil

For the squashed potatoes:

- 2 tins of potatoes
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp oil
- 4 garlic cloves
- 1 tbsp thyme

Method

1. Preheat your air fryer to 200°C.
2. Pat the pork tenderloin dry with a paper towel. Brush the tenderloin with oil, and season it with salt and black pepper.
3. Drizzle the carrots with a little oil and sprinkle them with a pinch of salt.
4. Place the seasoned pork tenderloin and the carrots in the air fryer basket, ensuring they are in a single layer and not overcrowded.
5. Air fry the pork tenderloin and carrots for 10 minutes at 200°C.
6. While the tenderloin is air frying, prepare the glaze by whisking together the balsamic vinegar, honey, crushed garlic, and dried thyme in a small bowl.
7. After the initial 10 minutes of cooking, open the air fryer and brush the glaze over the pork tenderloin and the carrots, ensuring they are well coated.
8. Return the pork tenderloin and carrots to the air fryer and continue air frying for another 10 minutes, or until the internal temperature of the pork tenderloin reaches 63°C in the centre. If needed, cook for additional 2–5-minute intervals until cooked through.
9. Once cooked, remove the pork tenderloin from the air fryer and loosely cover it with foil. Allow it to rest for 5 minutes to retain its juiciness.
10. If the carrots need more cooking time, you can air fry them for a few extra minutes while the pork rests.
11. Carve the rested pork tenderloin into thick slices.
12. Serve the pork tenderloin slices alongside the roasted carrots. Pour the glaze from the air fryer basket over the pork.

Let's make the squashed potatoes:

1. Preheat your air fryer to 180°C.
2. Drain and rinse the potatoes from the tins.
3. In a small bowl, mix the oil, salt, pepper, and thyme.
4. Lay out the potatoes on a chopping board or baking tray.
5. Drizzle the oil mixture over the potatoes, ensuring they are well coated.
6. Use a masher or the bottom of a glass to gently squash down the potatoes, creating a flat surface.
7. Scatter the garlic cloves among the potatoes.
8. Tip the potatoes into the air fryer.
9. Cook the potatoes in the air fryer for 30 minutes at 180°C.
10. Shake the basket occasionally during cooking to ensure the potatoes get evenly crispy.
11. Once the potatoes are golden brown and crispy on the outside, remove them from the air fryer.