



# Ashley's Meal Prep Monday!

## Bacon Wrapped Pork Tenderloin



### INGREDIENTS

7-8 slices thick cut  
bacon  
1 pork tenderloin  
trimmed, about 1 1/4 lbs  
1/4 cup dijon mustard  
1 TSP thyme leaves,  
oregano or basil  
1 scallion diced  
4 cloves garlic minced  
salt/pepper



In a small bowl, combine the mustard, garlic, scallion and thyme. I actually added oregano and basil instead of just using thyme.

Arrange bacon in rows touching on a cutting board the same length as the tenderloin. Place tenderloin on bacon and brush with mustard mix, making sure it's well coated. Wrap the bacon tightly around the tenderloin and use either toothpicks or string to secure the bacon in place. Cut the tenderloin in half.

Place pork in basket and air fry at 350 for about 30 minutes - or 145 degrees with a meat thermometer. Make sure it rests for 10 minutes on a cutting board before slicing to serve.

RECIPE: [KITCHENDIVAS.COM](http://KITCHENDIVAS.COM)

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**MARKET**