

## Air Fryer Tri-Tip Roast

A rising star among beef cuts, the versatile Tri-Tip Roast is at its best here —simply seasoned with olive oil, salt and black pepper.

## **INGREDIENTS**

1 Beef Tri-Tip Roast (about 1-1/2 to 2 pounds)

1 tablespoon olive oil

1 tablespoon salt

1/2 teaspoon freshly ground black pepper

Chimichurri or salsa (optional)



50 Min 6 42 Cal 23g Servings Protein

## **COOKING**

- 1. Preheat air fryer to 350°F. Brush oil over Tri-Tip Roast. Season with salt and pepper.
- 2. Place roast in the air fryer basket. Cook for 15 minutes. Flip roast; continue cooking for 15 to 20 minutes or until a meat thermometer registers  $135^{\circ}F$  for medium rare.
- 3. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare,  $160^{\circ}F$  for medium).
- 4. Slice roast diagonally across the grain into thin slices. Serve with chimichurri or salsa, if desired.

## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		9.2g	65mg		Og	23g	1	0

<sup>\*</sup>The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com