Air fryer roast beef is a simple and flavorful dish that can be easily prepared for any occasion, providing a delicious meal with minimal effort.
Prep Time 15 minutes mins
Cook Time 15 minutes mins
Total Time 30 minutes mins
Course: Main Course
Cuisine: American
Keyword: Air Fryer Roast Beef Recipe
Servings: 2
Calories: 1436kcal

Table of Contents

- Ingredients
- Instructions
- Notes
- Nutrition

Ingredients

- 2 tablespoons vegetable oil
- 2 teaspoons sea salt
- 1 teaspoon coarsely ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon thyme leaves
- ½ teaspoon rosemary
- 3 to 3½ pound beef roast

Instructions

1. Remove roast from refrigerator 30 to 60 minutes prior to cooking.
2. Stir together the oil and all seasonings in a small bowl.
3. Pour the mixture over both sides of the roast and rub it in to coat completely.
4. Preheat the air fryer to 400°F for 5 to 10 minutes.
5. Place the roast into the basket of the air fryer. If there is much fat on the meat, place the fat side up.
6. Cook at 400°F for 5 minutes to help lock in the juices and caramelize the outside of the roast.
7. Turn the air fryer down to 350°F and cook for an additional 25 to 30 minutes.
8. Turn off the air fryer when the roast reaches an internal temperature of 135°F for medium rare. Leave the roast to set for about 10 minutes. If you wish to remove it from the air fryer, tent it with aluminum foil while it's resting.
9. Slice against the grain to serve.

Notes

- Appropriate cuts of meat for this flavorful roast beef recipe include top round roast, tip roast, rib roast, and a tri-tip roast. Do not use a chuck roast or cross rib roast as they are a tougher cut of meat and need to be cooked "slow and low" in order to tenderize.
- Make sure to check your air fryer manual for time guidelines for your specific air fryer model, as the cooking time and temperatures vary depending on the type of air fryer you have.
- Use a digital meat thermometer to check the internal temperature of the beef as it cooks. Using an air fryer makes it so simple to pull out the basket, check the temperature quickly, and get right back to cooking. The internal temperature of the roast may rise by a few degrees while you let the meat rest. Plan accordingly so that the roast doesn't overcook.
- Resting is important so the juices redistribute throughout the meat. If you slice into the roast as soon as it's done cooking, all of the juices will run out instead of staying in the meat.

Nutrition

Calories: 1436kcal | Carbohydrates: 2g | Protein: 153g | Fat: 91g | Saturated Fat: 40g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 46g | Trans Fat: 5g | Cholesterol: 548mg | Sodium: 2970mg | Potassium: 2666mg | Fiber: 0.5g | Sugar: 0.1g | Vitamin A: 133IU | Vitamin C: 1mg | Calcium: 146mg | Iron: 17mg