Easy air fryer sausage rolls with crisp puff pastry and delicious sausage meat and apple filling!

Just 4 ingredients and 10 minutes of air frying time!

Using a ready-rolled puff pastry sheet and store-bought sausage meat, means these easy air fryer sausage rolls are so simple and quick to make!

They’re perfect for snacks, lunchboxes, picnics, and Christmas buffets!

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About Time

- Prep Time 5  mins
- Cook Time 10  mins
- Total Time  15 mins

Ingredients

- 375 g Ready Rolled Puff Pastry Sheet
- 450 g Sausage Meat
- 1 tablespoon Apple Sauce
- 1 Egg beaten

Instructions

1. Preheat the air fryer to 200°C (400F).
2. Cut the puff pastry sheet into 3 equal horizontal slices (refer to photo above).

375 g Ready Rolled Puff Pastry Sheet

3. Mix together the sausage meat and apple sauce and equally distribute it into the middle of each puff pastry slice.
   450 g Sausage Meat,1 tablespoon Apple Sauce
4. Brush the egg wash along the bottom of each piece of puff pastry with a pastry brush, then fold the top edge of the pastry over to meet the bottom, encasing the sausage meat inside.
   1 Egg
5. Use a fork to seal the edges together then cut each long sausage roll into 8 smaller ones, so you end up with 24 mini sausage rolls in total.
6. Use a sharp knife to cut a small slit in the top of each sausage roll and brush with egg wash.
7. Place the sausage rolls in the air fryer basket and air fry for 10-12 minutes (larger sausage rolls will need longer) until the pastry is golden and crispy.
8. Pro Tip: Use a meat thermometer to make sure the centres of the sausage rolls have reached 75C (you only need to test one).
9. Cool on a wire rack for 5 – 10 minutes before serving.

Amount Per Serving

CALORIES: 37

- TOTAL FAT: 3g
- SATURATED FAT: 0g
- TRANS FAT: 0g
- UNSATURATED FAT: 1g
- CHOLESTEROL: 0mg
- SODIUM: 26mg
- CARBOHYDRATES: 3g
- FIBER: 0g
- SUGAR: 1g
- PROTEIN: 0g