If you’re on the lookout for a hearty snack or a quick breakfast that’s both satisfying and delicious, Air Fryer Scotch Eggs are the way to go. This recipe offers a healthier version of the traditional dish, thanks to the air fryer. No more deep-frying – just the perfect crispy coating with less grease, making it an excellent option for a wholesome meal. Whether you’re a fan of brunch or looking for a snack, these Scotch eggs are bound to become a favorite.

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Why Air Fryer Scotch Eggs Are a Must-Try

Egg lovers rejoice! Whether scrambled, fried, or hard-boiled, eggs are versatile and nutrient-dense. But when it comes to combining a hard-boiled egg with savory sausage and a crispy outer layer, you elevate the humble egg to a whole new level. Air Fryer Scotch Eggs are a perfect example of this, offering layers of flavor and texture that are hard to beat.

What’s more, this recipe only requires a handful of ingredients, making it easy for anyone to prepare. Once cooked in the air fryer, the Scotch eggs are crispy on the outside, juicy on the inside, and ready to serve in minutes. They’re perfect for breakfast, brunch, or even a snack throughout the day.

The Key Ingredients for Air Fryer Scotch Eggs

Here’s what you need to make these delicious Air Fryer Scotch Eggs:

- Hard-Boiled Eggs: Start with perfectly boiled eggs. Whether you prefer soft or hard-boiled, both options work well.
- Ground Pork Sausage: The outer layer of the egg is wrapped in sausage meat, adding a savory flavor.
- Whisked Eggs: You'll use whisked eggs to coat the sausage-covered eggs, ensuring the breadcrumbs adhere properly.
- Breadcrumbs: You can use Panko or Italian-style breadcrumbs for that extra crunch. Seasoned varieties like Progresso make the process even easier since they come pre-seasoned.

How to Make Air Fryer Scotch Eggs

Step 1: Prepare Your Eggs

The foundation of this recipe is the egg itself. You can either soft or hard-boil the eggs, depending on your preference. If you want to prepare hard-boiled eggs using your air fryer, it's simple: place the eggs in the air fryer basket, cook at 270°F for 15-17 minutes, and then transfer them to an ice water bath to stop the cooking process. Once cooled, peel the eggs and set them aside.

Step 2: Shape the Sausage

Take your ground pork sausage and divide it into six equal portions. Roll each portion into a ball and then flatten it into a patty. Once flattened, place a peeled egg in the center and carefully wrap the sausage around the egg until it's completely enclosed. Ensure the sausage layer is even and there are no gaps.

Step 3: Bread the Eggs

In one shallow bowl, whisk two eggs. In another bowl, pour out your breadcrumbs. Dip the sausage-covered eggs into the whisked egg mixture first, ensuring they are fully coated. Then, roll them in breadcrumbs until every surface is covered. For an extra crispy texture, you can dip them back into the egg mixture and breadcrumbs for a double coating.

Step 4: Air Fry the Eggs

Preheat your air fryer to 400°F. Lightly spray the air fryer basket with non-stick oil spray or line it with air fryer parchment paper to prevent sticking. Place the coated Scotch eggs into

the basket, making sure not to overcrowd. Air fry for 15-18 minutes, flipping halfway through for an even golden brown crust. The sausage should be fully cooked, and the breadcrumbs should be crispy.

Additional Tips and Tricks

- Using Panko Breadcrumbs: Panko breadcrumbs give Scotch eggs an extra crunchy texture. You can also use seasoned breadcrumbs if you want to add a flavor boost without having to season them yourself.
- Adding Authentic Flavors: If you want to add a more authentic touch to your Scotch eggs, consider adding fresh herbs like parsley, sage, or thyme to your sausage meat. A pinch of ground mustard or smoked paprika also works well to enhance the flavor.
- Customizing the Recipe: Scotch eggs are versatile, so don't be afraid to experiment. You can try different types of sausage meat, like spicy Italian or turkey sausage, for a twist on the classic.

Frequently Asked Questions About Air Fryer Scotch Eggs

What Sauces Pair Well with Scotch Eggs?
A classic choice for Scotch eggs is Dijon mustard or spicy honey mustard, but you can pair them with your favorite sauces like hot sauce, ranch dressing, or even a tangy BBQ sauce. The possibilities are endless!

Can I Prepare Scotch Eggs in Advance?
Yes, you can! After cooking, store any leftovers in an airtight container in the fridge. They will stay fresh for up to 3-4 days. To reheat, pop them back into the air fryer for a few minutes until heated through.

Can I Make This Recipe Gluten-Free?
Absolutely! To make these Scotch eggs gluten-free, simply swap out the breadcrumbs for a gluten-free alternative. Many stores offer gluten-free Panko or Italian-style breadcrumbs that work just as well.

Can I Use Other Types of Meat?
Yes, you can customize this recipe by using other ground meats such as chicken, turkey, or beef sausage. Just keep in mind that cooking times may vary slightly depending on the meat you choose.

Serving Suggestions

Scotch eggs are filling on their own, but you can pair them with a simple salad or roasted vegetables for a complete meal. They're also a great addition to a brunch spread, alongside avocado toast, fresh fruit, or muffins.

AIR FRYER SCOTCH EGGS

A quick and crispy treat, perfect for breakfast or as a snack.

Prep Time: 5 minutes
Cook Time: 12-15 minutes
Course: Breakfast, Snack
Cuisine: British
Servings: 6
Calories: 390 kcal

Ingredients:

- 6 large hard-boiled eggs
- 1 pound ground pork sausage
- 2 large eggs (whisked)
- 1 cup breadcrumbs (Panko or Italian-style)

Instructions:

1. Start by boiling 6 large eggs to your desired level (soft or hard-boiled), then peel and set them aside.
2. Divide the ground pork sausage into 6 even portions. Flatten each portion into a patty and wrap it around each boiled egg, covering it completely.
3. In one bowl, whisk 2 eggs. In another, place breadcrumbs. Coat each sausage-covered egg in the whisked egg, then roll it in breadcrumbs.
4. Preheat your air fryer to 400°F. Spray the basket lightly with nonstick spray.
5. Place the Scotch eggs in the air fryer in a single layer and cook for 15-18 minutes, flipping halfway through, until crispy and golden brown.

Nutritional Information per Serving:
Calories: 390 | Carbs: 14g | Protein: 21g | Fat: 27g | Cholesterol: 272mg | Sodium: 686mg |

Potassium: 297mg | Fiber: 1g | Sugar: 2g