



## Air Fryer Egg and Toast: A Quick & Comforting Breakfast Classic

### Description

Imagine waking up to the smell of crispy golden toast, warm eggs with perfectly set yolks, and the gentle melt of cheese blanketing it all—ready in just 10 minutes. This is what **Air Fryer Egg and Toast** delivers. With just a handful of pantry staples and a trusty air fryer, you can create a breakfast that's satisfying, nutritious, and wonderfully simple.

Not only is this recipe lightning fast, but it also removes the need for a stovetop or skillet. There's no messy oil splatter, no long prep time, and virtually no cleanup. It's perfect for busy mornings, lazy weekends, or even breakfast-for-dinner kind of nights. Whether you're new to cooking or a kitchen pro, this air fryer classic is about to become a staple in your home.

This idea was born from the humble "egg in a hole" — a timeless breakfast dish where a hole is cut into the center of a slice of bread, and an egg is cracked into it and cooked on a skillet. Generations grew up with it because of its simplicity, its taste, and that picture-perfect yolk moment.

But what if we could make it even easier? Enter the air fryer. As this countertop appliance grew in popularity, home cooks began converting their favorite comfort foods into air fryer versions. And one day, a creative cook asked, "Can we make egg and toast with zero pans and all the same flavor?"

The answer was a delicious yes. With a simple indentation made using the bottom of a glass and some basic seasoning, the egg sits snug in the toast as it cooks evenly in the air fryer. The result? Crispy edges, perfectly cooked egg centers, and the option to sprinkle on cheese to elevate it into an indulgent, melty delight.

Since then, this version of Egg and Toast has become a viral hit online and in home kitchens. It's approachable, kid-friendly, customizable, and always delicious.

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### Ingredients You'll Need

## Main Ingredients:

- **2 slices bread** – white, wheat, sourdough, or any firm bread of your choice.
- **2 large eggs** – farm-fresh or store-bought, either works.
- **1/4 cup shredded cheese** (optional) – cheddar, mozzarella, pepper jack, or your favorite.
- **Salt and pepper** – to taste.

## Optional Add-Ins:

- Red pepper flakes for heat
- Chopped herbs (parsley, chives, dill)
- Cooked bacon bits or diced ham
- A slice of avocado (added after cooking)

## Step-by-Step Instructions

### Step 1: Make the Indention

Lay your two slices of bread flat on a clean surface. Using the bottom of a glass, press down the center of the bread to create a shallow indention. This will help cradle the egg so it doesn't slide off.

### Step 2: Add to Air Fryer

Carefully transfer the bread to your air fryer basket. Make sure it's lying flat and not overlapping. Depending on the size of your air fryer, you may need to cook in two batches.

### Step 3: Crack the Egg

Crack one egg into the indented center of each slice. Be gentle to keep the yolk intact. Season lightly with salt and pepper.

### Step 4: Cook in Air Fryer

Set your air fryer to **330°F (165°C)** and cook for **5 minutes**. This allows the egg whites to begin setting while the yolk remains slightly runny.

### Step 5: Add Cheese (Optional)

If you're using cheese, sprinkle it around or over the egg after the 5-minute mark. Cook for an additional **2-3 minutes**, depending on how cooked you want your egg.

### Timing Tips:

- **Runny yolks:** 6-7 minutes total
- **Medium-set yolks:** 7-8 minutes

- **Fully cooked yolks:** 9-10 minutes

## Step 6: Serve

Remove the toast with a spatula and let it cool for a minute. Garnish with herbs or avocado if desired. Serve hot and enjoy!

## Nutrition Information (Per Serving)

- **Calories:** ~250 kcal (without cheese)
- **Protein:** 12g
- **Fat:** 10g
- **Carbohydrates:** 24g
- **Fiber:** 2g
- **Sodium:** 300mg

*Note: Nutrition values will vary based on bread and cheese selection.*

## Why You'll Love This Recipe

- **Quick & Easy:** Less than 10 minutes from start to finish.
- **Minimal Cleanup:** One basket, no pans or oil splatter.
- **Customizable:** Add veggies, meats, or different cheeses.
- **Healthy:** High in protein, low in mess, easy to make lighter or richer.
- **Perfect Texture:** Crisp toast edges with tender eggs in the center.

## Variations to Try

- **Spicy Kick:** Sprinkle with crushed red pepper or drizzle with sriracha.
- **Cheesy Garlic Bread Style:** Rub toast with garlic butter before adding egg.
- **Loaded Breakfast:** Add pre-cooked sausage or bacon bits on top before the final cook.
- **Veggie Boost:** Add sautéed spinach or tomatoes before the egg.

## Tips for Success

- **Use sturdy bread:** Thin or soft bread may not hold the egg well.
- **Crack eggs carefully:** Use a bowl to catch shell fragments if you're new to cracking eggs directly.
- **Don't overcrowd:** Leave space around each slice to allow air to circulate.
- **Watch closely:** Air fryers vary slightly in heat; test once to find your ideal timing.

## FAQs

**Q: Can I make this with just one slice?**

A: Absolutely. Halve the ingredients and follow the same process.

**Q: Can I add meat to this recipe?**

A: Yes! Cooked bacon, ham, or sausage crumbles work well. Just sprinkle them over the egg before the second cook.

**Q: Will the egg slide off the bread?**

A: If you press a good indentation in the center, the egg will stay in place. Use a smaller egg if needed.

**Q: Can I use gluten-free or keto bread?**

A: Yes, just ensure it's firm enough to hold the egg without collapsing.

**Q: What's the best cheese to use?**

A: Cheddar melts well and adds great flavor, but any cheese you love will work.

## Final Thoughts

Air Fryer Egg and Toast is more than just a recipe – it's a breakfast solution that blends comfort, nutrition, and convenience. Whether you're making it for yourself or serving a table of hungry kids, it's guaranteed to be a hit. It's warm, filling, quick to make, and endlessly customizable.

Give it a try tomorrow morning – you might just fall in love with how easy and tasty breakfast can be!

### Category

1. Air Fryer Recipes

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