



Crispy & Savory Air Fryer Scotch Eggs: A Modern Twist on a Classic

Description

If you're looking for a high-protein, flavor-packed snack that's perfect for breakfast, brunch, meal prep, or even an on-the-go lunch, look no further than **Air Fryer Scotch Eggs**. These delicious sausage-wrapped hard-boiled eggs, coated in crunchy breadcrumbs and cooked to golden perfection in the air fryer, are a healthier take on the beloved British pub classic.

No deep frying, no greasy mess – just pure flavor and texture with a satisfying crunch. Ready in less than 20 minutes of cooking time, these Scotch Eggs are ideal for low-carb and high-protein diets, or simply for anyone who loves bold, comforting food made fast.

Why Air Fryer Scotch Eggs Are a Must-Try

• **No Deep Frying Required** – Cut the fat and the mess while still enjoying crispy results.
• **Protein-Rich** – Each egg is wrapped in sausage and contains another whole egg inside – double the protein!
• **Versatile** – Enjoy warm or cold, whole or sliced. Ideal for breakfast, snacks, or entertaining.
• **Meal-Prep Friendly** – Make in advance and reheat easily.
• **Crowd-Pleaser** – Whether for family brunches, kids' lunches, or party platters, these are always a hit.

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Ingredients You'll Need

Here's what you'll need to make **6 Air Fryer Scotch Eggs**:

- **6 large hard-boiled eggs** – Cooked and peeled.
- **1 pound ground pork sausage** – Choose regular, spicy, or flavored depending on your taste.
- **2 large eggs (whisked)** – Used for coating before breading.

- **1 cup breadcrumbs or panko** – Creates the crunchy outer crust.
- **Non-stick cooking spray** – For greasing the air fryer basket.

Step-by-Step Instructions

1. Hard Boil and Peel the Eggs

Start by hard-boiling your eggs. You can do this in advance or use your air fryer:

- Preheat the air fryer to **270°F (130°C)**.
- Place raw eggs directly into the basket.
- Air fry for **15-17 minutes**.
- Immediately transfer eggs to an ice bath for 5-10 minutes.
- Peel and pat dry. Set aside.

2. Prepare the Sausage Coating

Divide **1 pound of sausage** into six equal portions.

- Flatten each portion into a disc using your palms.
- Place one hard-boiled egg in the center.
- Wrap the sausage around the egg completely, sealing all edges and forming a smooth ball.

Tip: Damp hands prevent sticking and help smooth out the sausage layer.

3. Set Up the Breading Station

In two shallow bowls:

- **Bowl 1:** Whisk 2 raw eggs.
- **Bowl 2:** Add 1 cup of breadcrumbs (panko for extra crunch!).

Now take each sausage-wrapped egg:

1. Dip it in the whisked eggs.
2. Roll it in the breadcrumbs until fully coated.
3. Press gently to ensure the crumbs adhere well.

4. Preheat and Prepare the Air Fryer

- Lightly spray the air fryer basket with non-stick oil spray.
- Optionally, line with parchment paper made for air fryers.
- Arrange the Scotch Eggs in a **single layer**, leaving space between each.

5. Cook to Perfection

Air fry the Scotch Eggs at **400°F (200°C)** for **15-18 minutes**.

- Flip halfway through if your air fryer doesn't cook evenly.
- The breadcrumbs should be golden brown, and the sausage cooked through (internal temp should reach **160°F / 71°C**).

Let them rest for 2-3 minutes before serving.

Serving Suggestions

There are endless ways to enjoy Air Fryer Scotch Eggs:

- **Traditional British Style:** Serve with a side of mustard, Branston pickle, or HP sauce.
- **Breakfast Plate:** Pair with avocado, sautéed spinach, and roasted potatoes.
- **Picnic Lunch:** Chill, slice in half, and pack with fruit and crackers.
- **Party Appetizer:** Slice into quarters and serve with toothpicks and a dipping sauce bar.
- **Low-Carb Lunch:** Enjoy with a green salad and vinaigrette for a protein-packed midday meal.

Make It Your Own: Variations & Customizations

Here's how to switch up the flavors and adapt for dietary preferences:

🌶️ Spicy Scotch Eggs

- Use spicy sausage or mix in cayenne, jalapeño, or chili powder.

🧀 Cheese-Stuffed Surprise

- Insert a cube of cheddar or mozzarella inside the egg before wrapping in sausage.

🌿 Herbed Twist

- Mix fresh herbs like thyme, parsley, or rosemary into the sausage for depth of flavor.

🥑 Keto-Friendly Version

- Use crushed pork rinds or almond flour in place of breadcrumbs.

Storage & Reheating

To Store:

- Refrigerate in an airtight container for up to **4 days**.

To Freeze:

- Wrap each cooked Scotch Egg tightly in foil or plastic wrap and freeze for up to **2 months**.

To Reheat:

- Air fry at **350°F (175°C)** for 5-7 minutes until heated through.
- Avoid the microwave if you want to maintain that crispy exterior.

Nutrition Information (Per Scotch Egg ~ Approximate)

Nutrient	Amount
Calories	320-350
Protein	23-26g
Carbs	6-10g
Fat	24-27g
Fiber	<1g
Sugar	<1g
Sodium	500-600mg

Pro Tips for Perfect Scotch Eggs

- **Use Cold Eggs:** Cold hard-boiled eggs are easier to peel and less likely to break when wrapping in sausage.
- **Even Thickness:** Flatten sausage evenly to avoid undercooked spots.
- **Double Dip for Extra Crunch:** If you want more texture, double dip in egg and breadcrumbs.
- **Rest After Cooking:** Let the Scotch Eggs cool for a few minutes to firm up and slice cleanly.

Conclusion

Air Fryer Scotch Eggs are the ultimate combination of old-school comfort and modern convenience. They're hearty, flavorful, and endlessly customizable. Whether you're making them as part of your weekend brunch, weekly meal prep, or a crowd-pleasing appetizer, these crispy sausage-coated eggs deliver satisfaction in every bite.

With just a few simple ingredients and your trusty air fryer, you can enjoy this pub-style favorite at home ~ minus the oil and the mess. Try them once, and you'll be hooked!

Category

1. Air Fryer Recipes

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