



# 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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