



Air Fryer Scotch Eggs

Description

Air fryer Scotch eggs are easy to make! Plus, you get all the deliciousness without the mess and added fat of deep-frying. They make the perfect breakfast, brunch, or snack, especially when served with the mango chutney dipping sauce. Cook the eggs to your liking, either hard-boiled or slightly soft. You can't go wrong.

Ingredients

Dipping Sauce:

- 3 tablespoons Greek yogurt
- 2 tablespoons mango chutney (such as Patak's®)
- 1 tablespoon mayonnaise
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon curry powder
- ½ teaspoon cayenne pepper (Optional)

Scotch Eggs:

- 1 pound pork sausage (such as Jimmy Dean®)
- 6 eggs, hard-boiled and shelled
- ½ cup flour
- 2 eggs, lightly beaten
- 1 cup panko bread crumbs
- cooking spray

Directions

1. Make the dipping sauce: Combine yogurt, chutney, mayonnaise, salt, pepper, curry powder, and cayenne in a small bowl. Refrigerate until ready to use.

2. Make the Scotch eggs: Divide pork sausage into 6 even portions. Flatten each portion into a thin patty. Place 1 hard-boiled egg in the middle of each patty and wrap sausage around the eggs, sealing all sides. Set aside.
3. DOTDASH MEREDITH FOOD STUDIOS
4. Preheat the air fryer to 390 degrees F (200 degrees C).
5. Place flour in a small bowl, beaten eggs in another small bowl, and panko on a plate. Dip each sausage-wrapped egg into the flour, then dip into the beaten egg, letting the excess drip off. Roll in panko and place on a plate.
6. DOTDASH MEREDITH FOOD STUDIOS
7. Spray the air fryer basket with cooking spray. Arrange eggs in the basket in a single layer without overcrowding; cook in batches if necessary. Cook in the preheated air fryer for 12 minutes, turning eggs over halfway through. Repeat with remaining eggs.
8. DOTDASH MEREDITH FOOD STUDIOS
9. Serve with dipping sauce.
10. DOTDASH MEREDITH FOOD STUDIOS

Tips

You can find mango chutney in the Indian section of your grocery store.

If you prefer a smoother dipping sauce, use a mini food processor and blend. If you like a lot of sauce, make a double batch.

Nutrition Facts (per serving)

407 Calories
28g Fat
22g Carbs
21g Protein

Nutrition Facts	
Servings Per Recipe 6	
Calories 407	
% Daily Value *	
Total Fat 28g	36%
Saturated Fat 9g	44%
Cholesterol 284mg	95%
Sodium 945mg	41%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	1%
Total Sugars 3g	
Protein 21g	
Vitamin C 2mg	12%

Nutrition Facts

Servings Per Recipe 6

Calories 407

Calcium 55mg	4%
Iron 2mg	12%
Potassium 308mg	7%

Category

1. Air Fryer Recipes

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Author

rauf

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