

SAUSAGE AND EGG BREAKFAST CUPS



Total time - 20 mins

Servings - 3

Ingredients

- 200g sausage
- 3 eggs
- Tinfoil

STEP 1

Fold tinfoil to make three cup-shaped moulds, ensuring there are no gaps or holes.

STEP 2

Remove sausage skins and press the sausage evenly meat into the tin foil moulds.

STEP 3

Crack an egg into each cup.

STEP 4

Place the egg cups in the air fryer and cook for 12-15 minutes at 180°.

STEP 5

Leave to cool for 2 minutes before removing the tinfoil mould to serve.

SAVER TIP

It can be cheaper to buy sausage meat and saves time.



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PORK AND APPLE SAUSAGE ROLLS



Total time - 25 mins

Servings - 5

Ingredients

- 200g sausage
- 2 tbsp apple sauce
- 2 tbsp mixed herbs
- 160g ready rolled puff pastry
- Egg wash (made of one egg mixed with a dash of milk or water)

OPTIONAL: You can remove or replace the apple sauce with other fillings such as cheese, chopped bacon or cranberry sauce.

STEP 1

Remove sausage skins and place the sausage meat into a bowl.

STEP 2

Add apple sauce and mixed herbs according to taste (2 tbsp of each recommended) and mix together.

STEP 3

Put the sausage mixture on the puff pastry.

STEP 4

Brush the edge of the pastry and fold over the sausage to make a log-shape.

STEP 5

Seal the edge with a fork.

STEP 6

Cut into 5 pieces and brush with egg wash.

STEP 7

Place pieces into the air fryer dividing between both baskets to not overcrowd the baskets.
Cook at 180° for 15-20 minutes, turning over halfway.



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SAUSAGE MEATBALLS



Total time - 20 mins

Servings - 2

Ingredients

- 200g sausage
- 2 tbsp of mixed herbs

STEP 1

Remove sausage skins from sausages and add sausage meat to a bowl.

STEP 2

Mix sausage meat with seasonings of choice (2tbsp mixed herbs recommended).

STEP 3

Divide into balls and place into the airfryer in a single layer.

STEP 4

Cook at 180°C for 12 minutes.



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SAUSAGE, BEAN AND CHEESE MELT



Total time - 30 mins

Servings - 3

Ingredients

- 2 sausages (100g)
- Tin of beans (420g)
- 400g ready rolled puff pastry
- 70g grated cheese
- Egg wash (made of an egg mixed with a dash of water or milk)

SCOTCH EGG



Total time - 30 mins

Servings - 2

Ingredients

- 200g sausage
- 2 eggs
- 50g breadcrumbs

