



Air Fryer Sausage Rolls

Description

Air Fryer Sausage rolls are so easy to make! With only 4 ingredients these simple sausage rolls are delicious.

PREPRATION TIME:

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes
- Servings: 12
- Calories: 411kcal

Equipment

- Air Fryer

Ingredients:

Air Fryer Sausage Rolls:

- 3 sausages Note 1
- 3 sheets puff pastry
- 1 tablespoon sesame seeds
- 1 eggs

Instructions:

Air Fryer Sausage Rolls

1. Turn the air fryer on to 180°C/350 F for 15 mins.
2. Use a knife and chopping board to remove the casing from the sausages
3. Add egg to a small bowl, pierce yoke and whisk
4. Place a sheet of puff pastry (thawed) onto the chopping board and place 1 off the sausages on top
5. Roll the pastry around the sausage, then use a pastry brush to coat the top of the pastry where the 2 bits of pastry will meet
6. Continue to roll the pastry around the sausage and again brush one side of where the pastry joins with the egg
7. Repeat for each sausage
8. Brush the top of the length of the long rolled sausage with egg
9. Sprinkle the top with sesame seeds
10. Use a knife to cut the excess pastry off each end
11. Then cut the long sausage roll into 4 smaller rolls
12. Spray the Air Fryer Basket with oil (or use baking paper) then place raw sausage rolls into Air Fryer (work in batches)
13. Cook sausage rolls in Air Fryer for 7- 9 mins until pastry is golden and crispy
14. Serve with sauce

Notes:

- Note 1 I used Beef and Honey sausages for this recipe. You can use your favourite, beef, chicken, pork or vegetarian!

Nutrition:

Calories: 411kcal | Carbohydrates: 28g | Protein: 8g | Fat: 30g | Saturated Fat: 8g
| Trans Fat: 1g | Cholesterol: 29mg | Sodium: 293mg | Potassium: 98mg | Fiber: 1g
| Sugar: 1g | Vitamin A: 36IU | Vitamin C: 1mg | Calcium: 17mg | Iron: 2mg

Category

1. Air Fryer Recipes

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