



Air Fryer Sausage Rolls

Description

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

- Prep Time: 5 minutes
- Cook Time: 10 minutes
- Total Time: 15 minutes

Ingredients

- Air Fryer Sausage Rolls
- 3 sausages Note 1
- 3 sheets of puff pastry
- 1 tablespoon sesame seeds
- 1 egg

Instructions

- Air Fryer Sausage Rolls
- Turn the air fryer on to 180°C/350 F for 15 mins
Use a knife and chopping board to remove the casing from the sausages
- Add egg to a small bowl, pierce the yoke and whisk
- Place a sheet of puff pastry (thawed) onto the chopping board and place 1 of the sausages on top
- 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
- Continue to roll the pastry around the sausage and again brush one side of where the pastry joins with the egg
- Repeat for each sausage
- Brush the top of the length of the long-rolled sausage with egg
- Sprinkle the top with sesame seeds
- Use a knife to cut the excess pastry off each end

- Then cut the long sausage roll into 4 smaller rolls
 - Spray the Air Fryer Basket with oil (or use baking paper) then
 - place raw sausage rolls into the Air Fryer (work in batches)
 - Cook sausage rolls in an Air Fryer for 7- 9 minutes until the
 - pastry is golden and crispy
- Serve with sauce

Notes

Note 1 I used Beef and Honey sausages for this recipe. You can use your favorite, 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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