

Air Fryer Mini Egg and Mince Parcels



Preparation time: 90 mins

Serves: 6 people

User Rating: ★★★★★

Publication: 27 January 2021

Categories: Lunchboxes & Snacks, Entertaining, Kid Friendly

Using everyone's favourite kitchen appliance - the air fryer - these egg and mince parcels work great as a weekend snack when your kids bring their friends over, or they're also ideal for school lunchboxes.



Ingredients

6 small (50g) eggs

2 sheets puff pastry, thawed

Egg wash, for brushing

Tomato relish or tomato sauce, to serve

FILLING

500g beef sausage mince

1 small onion, finely chopped

1 medium carrot, grated

1 clove garlic, crushed

½ cup finely chopped parsley

1 tbsp Dijon mustard

Method

SOFT BOILED EGGS

1. Place eggs in a saucepan and cover with water. Bring to the boil then cook for 3 minutes. Eggs should be soft boiled, so they don't overcook in rolls. Drain and immerse in cold water. Peel.

MEAT FILLING

1. To make filling, place mince, onion, carrot, garlic, parsley and mustard in a large bowl. Season with salt and pepper. Mix well. Divide mixture into six and roll an egg into a portion of sausage mince to enclose.

TO ASSEMBLE

1. Place pastry sheets on a flat surface and cut each sheet into three even strips.
2. Place sausage covered eggs at the end of each length of pastry. Press down gently to flatten slightly and shape mixture into a rectangle to fit pastry.
3. Roll up to enclose filling, brush end of pastry with egg wash to seal. Brush egg wash over each roll. Place rolls seam-side down.
4. Preheat air-fryer to 180°C, place 2 rolls in the basket and cook for 20 minutes or until cooked. Remove and repeat with remaining rolls. Serve warm with relish or sauce.

OVEN METHOD

1. Preheat oven to 200°C/180°C (fan-forced) and line a large baking tray with baking paper. Place parcels onto tray leaving a 2cm space between them. Cook for about 35 minutes, or until pastry is golden brown and crisp.

Notes

- Dijon mustard can be removed altogether or replaced with BBQ sauce.
- Uncooked rolls can be frozen for up to 2 months. Cook rolls from frozen in a hot oven (200°C) for 45 to 50 minutes or until pastry is golden brown and crisp and filling is hot.
- Great cold in a school lunch box instead of a sandwich.
- Use eggs from a 600g carton of 12 eggs.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
230g	1770kJ 423kcal	29.9g	23.7g	11.6g	21.5g	3g	243mg	4g

All nutrition values are per serve.