

Air Fryer Sweet Potato Skins With Eggs



25 min

4 people



4.56 Rating

Indulge in a guilt-free delight when you have these delectable Sweet Potato Skins.

Crispy and golden, these sweet potato skins are baked to perfection in the air fryer, creating a deliciously crunchy base and soft inner filling. Topped with eggs and a sprinkle of cheese, bacon, and salsa, each bite is packed with a diverse medley of textures and flavours.

Quick & Easy

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Lunch Recipes

Kid Friendly



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Ingredients

- 4 x small sweet potatoes (see notes)
- 3 rashers (90g) shortcut bacon, finely chopped
- 1 small red capsicum, finely chopped
- 40g butter, chopped
- ½ cup grated tasty cheese
- ¼ cup chopped coriander, extra leaves to garnish

- 1 tsp Mexican chilli spice blend
- 4 small eggs
- Tomato salsa and spinach leaves, to serve

Method

1. Wash sweet potatoes. Prick with a fork and place on the microwave turntable. Microwave on high for 10-12 minutes until tender when pierced with the tip of a knife. Allow to cool slightly.
2. Meanwhile, line the base of the air fryer basket with baking paper. Sprinkle bacon and capsicum over base. Air fry at 200°C for 8 minutes or until pale golden.
3. Make a 2cm slit in the top of each potato without cutting through to the ends. Pinch ends to open out potatoes. Use a spoon to scrape about 2 tablespoons of flesh out of the centre of each potato, leaving sides with a 1cm thickness of potato. Divide butter between hot potatoes, top with cheese.
4. Combine potato flesh, two thirds of the bacon and capsicum mixture, coriander, and Mexican spice. Season with salt and pepper. Spoon back into potatoes and spread to the ends and up sides forming a cavity to crack the egg into.
5. Crack egg into a small jug then slide into the cavity. Carefully lift into the air fryer basket. You may need to prop up the ends of the potato with offcuts of capsicum so egg doesn't run out. Air fry at 180°C for 10-12 minutes or until the egg is soft set.
6. Sprinkle with remaining bacon, capsicum, and coriander. Serve with salsa and spinach leaves.

Notes

- Choosing the right size sweet potatoes is crucial to hold the egg. Choose approximately 300g potatoes at 5-6cm wide and 15cm long for best results. Supermarkets have a great variety of smaller Gold sweet potatoes.
- Prop up ends of potato with offcuts of capsicum if needed to help prevent egg running out.

Nutrition Per Serve



