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bake 1 min

BAKED SCOTCH EGGS

Yield: 6 Scotch eggs (1 per serving)
Prep Time: 15 minutes (not including time to cook eggs)
Cook Time: 25 minutes

1/4
3/4

- 1/4 cup blanched almond flour
- 1 large egg
- 3/4 cup freshly grated Parmesan cheese
- 1 pound bulk pork sausage
- 6 hard-boiled eggs, peeled
- Finely chopped fresh parsley, for garnish (optional)

These Scotch eggs are great served warm, cold, or at room temperature, which makes them the perfect grab-and-go breakfast or snack. They can be eaten as is or dipped in your favorite mustard.

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Place the almond flour in a shallow bowl. Set aside. Crack the raw egg into a second shallow bowl. Beat it slightly and set aside. Place the Parmesan in a third bowl.
3. Divide the sausage into 6 equal portions, then form each into a 3- to 4-inch diameter patty. Mold each sausage patty around a hard-boiled egg, until the sausage fully covers each egg. Pinch the edges together to seal.
4. Roll each sausage-wrapped egg in the almond flour, then dip it into the beaten egg on all sides. Finally, roll to fully coat in the Parmesan cheese. Set the coated eggs on the prepared baking sheet.
5. Spray each egg generously with cooking spray and place them into the oven. Bake for 25 minutes, until they are golden and the sausage is cooked through. Serve warm, cold, or at room temperature. Garnish with parsley, if desired.

note You can also soft-boil your eggs for about 5 minutes if you prefer a softer yolk.

