Table of Contents

- Air fryer Poached Eggs || New Recipes 2024
- Equipment Ingredients
    - Garnish
- Instructions
- Notes
- Nutrition

Air fryer Poached Eggs || New Recipes 2024

Preparing poached eggs in the air fryer is effortlessly tidy and convenient. A superb alternative to traditional stove-top cooking, especially for a hassle-free breakfast. With just 9 minutes of cook time, you can serve up a delicious batch of air fryer poached eggs in no time, perfect for a nutritious morning meal.

Air fryer Poached Eggs

Equipment Ingredients

- Use 4 eggs, or adjust the quantity as per your requirement.
- Utilize ½ teaspoon of olive oil for either spraying or brushing the ramekins.

Garnish

- ¼ tsp. Salt
- ¼ tsp. Pepper
- ½ tsp. Parsley chopped optional

Instructions

1. Microwave 1 cup of water for approximately 2 minutes until it reaches a high temperature. Adjust the water quantity based on the number of eggs you intend to cook simultaneously.
2. Lightly coat the bottoms of ramekins with oil. Arrange 4 ramekins in your air fryer, or as many as will fit, and preheat the air fryer to 390°F (200°C) for 5 minutes.
3. Exercise caution when handling the hot ramekins. Crack an egg into each ramekin while it remains in the air fryer basket. Then, pour 2-3 tablespoons of hot water over each cracked egg. Observe the immediate coagulation of the egg whites.
4. Return the air fryer basket to its place. Air fry at 360°F (180°C) for 4-5 minutes until the egg whites are set and the yolks remain runny. Extend the cooking time by an additional minute if you prefer slightly cooked yolks. Keep a close watch on the air frying process after the initial 4 minutes, as cooking times may vary slightly depending on your air fryer.
5. Exercise caution when removing the ramekins from the air fryer, as they will be hot. Use gloves and a spatula to carefully remove any eggs that may be stuck to the base of the ramekin.
6. Plate the poached eggs and season with salt, pepper, and finely chopped parsley before serving. Enjoy this easy and delicious breakfast option made effortlessly in your air fryer. My air fryer accommodated a batch of 4 poached eggs at once.

Notes

- Utilizing eggs at room temperature speeds up the cooking process. If your eggs are cold from the fridge, add an extra minute to the cooking time.
- Avoid using silicone molds for this recipe as they do not yield the desired results. I experimented with them, and the eggs did not cook as expected.
- Forgot to preheat your air fryer? No problem. Simply extend the air frying time by a couple of minutes to compensate.
- Keep in mind that large eggs require slightly longer cooking times. The recipe provided is tailored for medium-sized eggs.
- For optimal taste and texture, enjoy these poached eggs fresh. They do not store well

and reheating may result in overcooking. Remove them from the ramekins immediately after taking them out of the air fryer basket to prevent further cooking.

Nutrition

- Calories: 69kcal
- Carbohydrates: 1g
- Protein: 6g
- Fat: 5g
    - Saturated Fat: 1g
    - Polyunsaturated Fat: 1g
    - Monounsaturated Fat: 2g
    - Trans Fat: 0.02g
- Cholesterol: 164mg
- Sodium: 182mg
- Potassium: 68mg
- Fiber: 0.1g
- Sugar: 0.2g
- Vitamin A: 291IU
- Vitamin C: 1mg
- Calcium: 27mg
- Iron: 1mg