



Air Fryer Sausage and Peppers Recipe

Description

Are you looking for a quick and delicious meal that is packed with flavor? Look no further than this Air Fryer Sausage and Peppers recipe! With just a few simple ingredients and your trusty air fryer, you can have a satisfying meal on the table in no time.

Air frying sausage and peppers is a quick and delicious way to prepare a classic dish. The air fryer creates a perfect balance of crispiness and tenderness. Here's a simple recipe for air fryer sausage and peppers:

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DELICIOUS

AND HEALTHY



Air Fryer Sausage and Peppers

Ingredients:

- 1 pound Italian sausage links (sweet or spicy, based on preference)
- 2 bell peppers (preferably different colors), sliced
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon red pepper flakes (optional, for added heat)
- Salt and black pepper, to taste
- Fresh parsley, chopped (for garnish)

Instructions:

- 1. Preheat the Air Fryer:**
 - Preheat your air fryer to 400°F (200°C) for about 5 minutes.
- 2. Prepare the Sausage and Vegetables:**
 - In a large bowl, combine the sliced peppers, onions, minced garlic, olive oil, dried oregano, dried basil, red pepper flakes (if using), salt, and black pepper. Toss until the vegetables are well-coated.
- 3. Add the Sausage:**
 - Place the sausage links in the air fryer basket. Arrange the seasoned vegetables around and on top of the sausages.
- 4. Air Fry:**
 - Cook in the air fryer at 400°F (200°C) for about 15-20 minutes, shaking the basket or turning the sausages halfway through the cooking time. The exact time may vary based on your air fryer model and the thickness of the sausages.
- 5. Check for Doneness:**
 - Ensure that the sausages are cooked through (reaching an internal temperature of 160-165°F or 71-74°C) and the vegetables are tender and slightly caramelized.
- 6. Serve:**
 - Transfer the air-fried sausage and peppers to a serving dish.
 - Garnish with fresh chopped parsley.
- 7. Optional: Make a Sandwich:**
 - Serve the sausage and peppers on a roll or baguette for a delicious sandwich.
- 8. Enjoy:**
 - Serve immediately and enjoy your flavorful air fryer sausage and peppers!

Recipe 2:

Ingredients:

- 4 Italian sausages
- 2 bell peppers (any color), sliced
- 1 onion, sliced
- 2 cloves of garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Salt and pepper to taste

Instructions:

1. Preheat your air fryer to 400°F (200°C).
2. In a large bowl, combine the sliced bell peppers, onion, minced garlic, olive oil, dried oregano, dried basil, salt, and pepper. Toss everything together until the vegetables are well coated with the seasonings.
3. Place the Italian sausages in the air fryer basket, making sure to leave enough space between them for air circulation. Cook the sausages for 8 minutes, then flip them over and cook for an additional 8 minutes.
4. After the sausages have cooked for a total of 16 minutes, add the seasoned bell peppers and onions to the air fryer basket. Cook everything together for another 8-10 minutes, or until the sausages are cooked through and the vegetables are tender.
5. Once everything is cooked, remove the sausages and vegetables from the air fryer. Serve the sausages and peppers on a platter, or you can also serve them in a toasted roll for a delicious sausage and pepper sandwich.
6. Optional: If you prefer your sausages to have a slightly charred and crispy exterior, you can broil them in the oven for a few minutes after they have finished cooking in the air fryer.

This Air Fryer Sausage and Peppers recipe is incredibly versatile and can be customized to suit your taste. Feel free to add other vegetables such as zucchini or mushrooms, or even sprinkle some grated Parmesan cheese on top for an extra burst of flavor.

Not only is this recipe quick and easy to make, but it is also a healthier alternative to traditional frying methods. By using the air fryer, you can achieve that crispy texture without the need for excess oil. Plus, the flavors of the sausage and peppers shine through in this dish.

So the next time you need a satisfying and flavorful meal, give this Air Fryer Sausage and Peppers recipe a try. With its simple ingredients and quick cooking time, it's sure to become a family favorite. Enjoy!

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