

Air Fryer Egg Muffins: Halal Breakfast with Beef Bacon

Protein-rich savoury bites with crisp beef bacon and smoked paprika



PREP
10 min

COOK
12 min

TOTAL
22 min

SERVES
6 muffins

CALORIES
150 kcal

Ingredients

- 6 large eggs
- 100 ml milk
- 25 g shredded cheddar cheese
- 50 g cooked beef bacon, crumbled
- 80 g chopped spinach
- 80 g chopped red bell pepper
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 tbsp chopped fresh parsley

Instructions

1. Prepare the air fryer: Preheat your air fryer to 180°C (356°F). Place a silicone muffin cup into each slot of the basket. Spray them with non-stick spray or use parchment paper so the eggs release easily after cooking.
2. Whisk the base: Combine the eggs, milk, garlic powder, smoked paprika, salt and pepper in a bowl. Whisk until the mixture is light and airy. This incorporates air to ensure the muffins rise properly.
3. Fold in fillings: Stir in the shredded cheddar cheese, crumbled beef bacon, chopped spinach and chopped red bell pepper. Distribute the ingredients evenly so every muffin contains a balance of savoury flavours.

4. Fill the moulds: Pour the filling into each muffin cup using a spoon or ladle. Fill them only three-quarters full. This leaves essential room for the batter to expand as it heats.
5. Bake the muffins: Slide the cups into the basket, ensuring each is centred and not touching the walls. Cook at 180°C (356°F) for 12 minutes. The edges should be set while the centres show a slight jiggle.
6. Cool and garnish: Remove the basket with heat-proof gloves and move cups to a cooling rack for 2 minutes. Pop the muffins out of the moulds. Finish with a pinch of sea salt and chopped fresh parsley for a fresh contrast.

Notes

Beef Bacon Substitutes Use halal turkey sausage or tempeh bacon if beef bacon is unavailable. Turkey sausage adds a different savoury profile, while tempeh bacon makes the dish vegan when paired with plant-based milk and cheese. Do not omit the protein entirely, as the fats help maintain the muffin structure during the air frying process.

What to serve with it Pair these muffins with sliced avocados and poached eggs for a balanced breakfast. A citrus-vinaigrette salad provides acidity to cut through the richness of the cheese and beef. For additional texture, garnish the plates with toasted pumpkin seeds or a side of fresh tomato salad and plain yogurt.

Storing and reheating Keep untasted muffins at room temperature for no more than 2 hours. Store leftovers in a sealed container in the fridge for up to 4 days or in the freezer for 4 weeks. Reheat frozen muffins in the air fryer at 180°C (356°F) for 4 to 5 minutes.