

# CARNIVORE-STYLE SCOTCH EGGS 50/50

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## **Ingredients:**

- 6 large eggs (for boiling)
  - 1 lb ground beef (preferably 80/20 for some fat content)
  - 1 lb ground bacon (or finely minced bacon)
  - 1 additional egg (for the egg wash)
  - 1/2 cup whey protein powder (unflavored)
  - 1/2 cup crushed pork rinds
  - Salt and pepper to taste
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## **Directions:**

1. Prepare the Soft-Boiled Eggs:
  - Bring a pot of water to a gentle boil. Carefully lower in the 6 eggs and cook for about 6 minutes for a soft-boiled center.
  - Immediately transfer the eggs to an ice bath to stop the cooking process. Once cooled, gently peel the eggs and set them aside.
2. Prepare the Meat Mixture:
  - In a large mixing bowl, combine the ground beef and ground bacon. Mix well to ensure an even distribution of both meats.
  - Season the mixture with salt and pepper to taste.
3. Wrap the Eggs:
  - Divide the meat mixture into 6 equal portions.
  - Take one portion and flatten it into a patty. Place a soft-boiled egg in the center and carefully wrap the meat around the egg, sealing it completely. Repeat for all the eggs.
4. Bread the Scotch Eggs:
  - Set up a breading station with three shallow bowls: one with the whey protein powder, one with the beaten egg for the egg wash, and one with the crushed pork rinds.
  - Roll each meat-wrapped egg first in the whey protein powder, then dip it in the egg wash, and finally coat it with crushed pork rinds. Ensure each Scotch egg is evenly coated.
5. Bake:
  - Preheat your oven to 375°F (190°C).
  - Place the breaded Scotch eggs on a baking sheet lined with parchment paper.
  - Bake for 25–30 minutes, or until the meat is cooked through and the coating is golden brown.
6. Serve:
  - These Scotch eggs can be served hot right out of the oven, but they're also traditionally enjoyed cold, making them perfect for a packed lunch.
  - If reheating, they hold up well in the microwave—just heat them for about 1 minute or until warm.

### *Tips:*

- *Make-Ahead Option:* These Scotch eggs can be made ahead of time and stored in the fridge. They're easy to grab for a quick, satisfying lunch.
- *Customization:* You can play around with the seasoning of the meat mixture—try adding some smoked paprika or garlic powder for an extra flavor boost.

**Enjoy your protein-packed, carnivore-friendly Scotch Eggs, perfect for any time of day!**