Prep Time	8 minutes
Cook Time	12–15 minutes
Total Time	20–23 minutes
Yield	1–2 servings
Difficulty	Easy
Cuisine	American / Breakfast

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Ingredients

For the omelette:

- 3 large eggs

- 2 tablespoons whole milk (or heavy cream for extra richness)
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- Pinch of garlic powder (optional)
- ¼ cup shredded mozzarella or cheddar cheese
- 2 tablespoons diced bell pepper (any color)
- 2 tablespoons diced onion
- 2 tablespoons diced cooked ham or bacon (optional)
- 1 tablespoon chopped fresh spinach (optional)
- 1 teaspoon butter or nonstick cooking spray (for greasing)

For serving:

- Fresh chives or parsley, chopped

- Salsa, hot sauce, or ketchup
- Sliced toast or a side salad

Equipment Needed

- Air fryer (any size, 3-quart or larger recommended)
- Small oven-safe dish or silicone baking mold (about 6–7 inches / 15–18 cm diameter, or a 6-cup silicone muffin mold)
- Fork or whisk
- Mixing bowl
- Spatula

Instructions

Step 1: Preheat the Air Fryer — *Time: 3 minutes | Intensity: Low*

Set your air fryer to 350°F (175°C) and preheat for 3 minutes. Preheating ensures even cooking and prevents the eggs from sticking to a cold dish. While it heats, prepare your ingredients.

Step 2: Prepare the Add-Ins — *Time: 3 minutes | Intensity: Low*

Dice the bell pepper and onion into small, uniform pieces (about ¼-inch / 6 mm). Chop the ham or bacon and spinach if using. Small pieces cook evenly and distribute beautifully through the omelette. Pat any watery vegetables dry with a paper towel — excess moisture can make the omelette spongy.

Step 3: Whisk the Eggs — *Time: 2 minutes | Intensity: Medium*

Crack the eggs into a mixing bowl. Add the milk, salt, black pepper, and garlic powder. Whisk vigorously for 30–45 seconds until the mixture is completely smooth, uniform in color, and slightly frothy. Frothy eggs = fluffy omelette. Don’t skip this step.

Step 4: Grease the Dish — *Time: 1 minute | Intensity: Low*

Lightly grease your oven-safe dish or silicone mold with butter or nonstick spray. Coat the bottom and sides thoroughly. If using a silicone mold, a light spray is still recommended for a flawless release.

Step 5: Assemble the Omelette — *Time: 2 minutes | Intensity: Low*

Pour the whisked eggs into the greased dish. Scatter the bell pepper, onion, ham, and spinach evenly over the top. Gently press the vegetables down with a spatula so they’re partially submerged. Sprinkle the shredded cheese over the surface — it will melt into a golden, gooey layer.

Step 6: Air Fry — *Time: 12–15 minutes | Intensity: Low (passive)*

Place the dish in the air fryer basket and cook at 350°F (175°C) for 12–15 minutes. Begin checking at the 10-minute mark. The omelette is done when the center is just set, the edges are golden, and a toothpick inserted in the middle comes out clean (a little moisture is fine — it will finish setting as it rests). If the top is browning too quickly, loosely cover with foil for the remaining time.

Timing note by air fryer size: Smaller air fryers (2–3 qt) run hotter — check at 10 minutes. Larger models (5–8 qt) may need the full 15 minutes.

Step 7: Rest and Release — *Time: 2 minutes | Intensity: Low*

Let the omelette rest in the dish for 2 minutes. This allows the eggs to finish setting and makes release easier. Run a spatula around the edges, then slide or flip the omelette onto a plate.

Step 8: Garnish and Serve — *Time: 1 minute | Intensity: Low*

Sprinkle with fresh chives or parsley. Serve immediately with salsa, hot sauce, or ketchup alongside toast or a light side salad.

Time & Intensity Summary

Phase	Duration	Intensity
Preheat	3 minutes	Low
Prep add-ins	3 minutes	Low
Whisk eggs	2 minutes	Medium
Grease dish	1 minute	Low
Assemble	2 minutes	Low
Air fry	12–15 minutes	Low (passive)

Phase	Duration	Intensity
Rest & release	2 minutes	Low
Garnish & serve	1 minute	Low
Total	~20–23 minutes	Easy

Nutrition Information (Per Serving — 1 omelette, 2 servings per recipe)

Nutrient	Amount
Calories	245 kcal
Total Fat	16 g
Saturated Fat	7 g
Cholesterol	330 mg
Sodium	520 mg
Total Carbohydrates	5 g
Dietary Fiber	1 g
Total Sugars	2 g
Protein	19 g
Calcium	180 mg
Iron	2 mg
Vitamin A	12% DV
Vitamin C	15% DV