Prep Time: 5 minutes | Cook Time: 12–15 minutes | Total Time: 20 minutes
Yield: 1 serving | Intensity Level: Easy

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Introduction

An air fryer omelette is a small miracle of convenience — a fluffy, perfectly set omelette with golden edges, made in a single silicone mould with almost no cleanup. It’s the answer to

those mornings when you want a real, protein-packed breakfast but don’t want to stand over a hot stove flipping eggs. The air fryer’s circulating hot air cooks the eggs evenly and gently, giving you a tender, soufflé-like texture with none of the greasiness of pan-frying. Better yet, it’s endlessly customizable: add cheese, vegetables, ham, or herbs, and it all cooks in one go. In just 20 minutes, you’ve got a satisfying, high-protein breakfast that travels well — perfect for meal prep, a quick weekday breakfast, or a lazy weekend brunch. It’s also an ideal way to use up leftover vegetables and a great introduction to air fryer cooking for beginners.

Ingredients

For the Omelette Base

- 3 large eggs
- 2 tbsp whole milk (or cream, for a richer omelette)
- ¼ tsp kosher salt
- Pinch of black pepper
- 1 tsp unsalted butter, melted (or olive oil), for greasing the mould

Suggested Fillings (Choose Your Own)

- ¼ cup (30 g) shredded cheddar or mozzarella

- 2 tbsp diced ham, cooked bacon, or cooked sausage
- 2 tbsp diced bell pepper
- 2 tbsp diced onion
- 2 tbsp sliced mushrooms (cooked or raw)
- 2 tbsp spinach, chopped
- 1 tbsp diced tomato (seeded and patted dry)
- 1 tbsp chopped fresh chives, parsley, or basil

For Serving

- Hot sauce, salsa, or ketchup (optional)
- Sliced avocado or toast (optional)

Equipment

- Air fryer

- 6-inch silicone omelette mould or a small air-fryer-safe baking dish (about 5–6 inches round)
- Whisk or fork
- Small bowl
- Spatula
- Chef’s knife and cutting board

Time & Intensity Breakdown

Stage	Time	Intensity	What’s Happening
Prep fillings	3 min	Low	Dice vegetables and meats; grate cheese
Grease the mould	1 min	Low	Butter or oil the silicone mould
Whisk the eggs	2 min	Low	Beat until smooth and uniform
Add fillings	1 min	Low	Stir fillings into the egg mixture
Preheat air fryer	3 min	Low (passive)	Bring the basket up to temperature
Air fry	10–12 min	Low (passive)	Eggs set and puff; edges turn golden
Rest and serve	2 min	Low	Omelette firms up; slide out and plate

Total active time: ~7 minutes | Total passive time: ~13 minutes

Instructions

Step 1: Prep the Fillings (3 minutes | Low Intensity)

Dice your chosen vegetables and meats into small, even pieces — roughly ¼-inch dice — so they cook through in the short air-fry time. Grate the cheese if not pre-shredded. If using watery vegetables like tomatoes or mushrooms, pat them dry with a paper towel; excess moisture makes the omelette weep. A good rule of thumb: no more than ½ cup of total fillings per omelette, or it won't set properly.

Step 2: Grease the Mould (1 minute | Low Intensity)

Brush the inside of a 6-inch silicone omelette mould (or small air-fryer-safe dish) generously with the melted butter or olive oil, making sure to coat the corners and sides. Silicone is the easiest option because the omelette slides out cleanly — but if you're using a metal or ceramic dish, grease it especially well.

Step 3: Whisk the Eggs (2 minutes | Low Intensity)

In a small bowl, whisk the eggs with the milk, salt, and pepper for 1–2 minutes, until the mixture is smooth and slightly frothy. Whisking thoroughly incorporates air, which helps the omelette puff up and gives it a lighter texture. Don't add the fillings yet — whisk the eggs first so you can check the consistency.

Step 4: Add Fillings (1 minute | Low Intensity)

Stir your prepared fillings and cheese into the egg mixture with a spatula until evenly distributed. Reserve a small pinch of cheese to sprinkle on top if you'd like a golden, melty finish.

Step 5: Preheat the Air Fryer (3 minutes | Low Intensity, Passive)

Preheat the air fryer to 350°F (175°C) for 3 minutes. Preheating is important — it ensures the omelette starts cooking immediately and sets evenly. Some air fryers don't require preheating, but for egg dishes, it makes a real difference.

Step 6: Air Fry (10–12 minutes | Low Intensity, Passive)

Pour the egg mixture into the greased mould, filling it no more than ⅔ full — the eggs expand as they cook. Place the mould in the air fryer basket and cook at 350°F (175°C) for 10–12 minutes, until the omelette is set in the center and golden around the edges. Check at the 10-minute mark: the center should no longer jiggle when you gently shake the basket. If it's still loose, cook in 1-minute increments. If the top is browning too fast, loosely tent with foil.

Step 7: Rest and Serve (2 minutes | Low Intensity)

Carefully remove the mould from the air fryer — it will be hot. Let the omelette rest for 1–2 minutes, which allows it to firm up and makes it easier to release. Run a spatula around the edge, then invert onto a plate or slide it out. Serve immediately with hot sauce, salsa, or sliced avocado.

Flavor Variations

- Western: Ham, bell pepper, onion, and cheddar.
- Greek: Spinach, feta, diced tomato, and Kalamata olives.

- Meat Lover’s: Cooked bacon, sausage, and cheddar with a pinch of smoked paprika.
- Mushroom-Swiss: Sautéed mushrooms, Swiss cheese, and fresh thyme.
- Spicy: Diced jalapeño, pepper jack cheese, and a dash of hot sauce in the egg mixture.
- Veggie: Zucchini, bell pepper, spinach, and feta.

Serving Suggestions

Serve with whole-grain toast, a side of fresh fruit, or a simple green salad for a complete meal. It also makes an excellent breakfast sandwich filling — slide the cooked omelette between two toasted English muffin halves with a slice of cheese.

Storage & Reheating

- Refrigerator: Store cooled omelette in an airtight container for up to 3 days.
- Freezer: Wrap tightly and freeze for up to 2 months. Thaw overnight in the fridge.
- Reheating: Reheat in the air fryer at 320°F (160°C) for 3–4 minutes, or microwave covered for 45–60 seconds. The air fryer keeps the edges slightly crisp; the microwave is faster but softer.

Nutrition Information (Per Serving, as Written with Cheddar and Ham)

Values are estimates and will vary by fillings, cheese, and exact portion size.

Nutrient	Amount per Serving
Calories	~365 kcal
Total Fat	~26 g
— Saturated Fat	~11 g
Cholesterol	~405 mg
Sodium	~790 mg
Total Carbohydrates	~5 g
— Fiber	~0.5 g
— Sugars	~3 g
Protein	~26 g