



Easy Air Fryer Frittata

Description

Craving a protein-packed meal that's quick, satisfying, and totally customizable? This **Air Fryer Frittata** is the answer! Whether you enjoy it hot like a fluffy omelette or cold with a crisp bistro salad, it's bursting with flavor and ready in just 15 minutes. With smoky bacon, sweet peppers, and melted cheese, every bite hits the spot!

Why This Air Fryer Frittata Is a Must-Try

- **Quick 15-minute cook time** Perfect for busy mornings or lazy lunches
- **Low-carb & high-protein** Great for keto or clean eating
- **Customizable** Swap in your favorite veggies, meats, or cheeses
- **Serve hot or cold** Double-duty dish that works for breakfast, brunch, or meal prep
- **One-bowl mix & go** Minimal cleanup

Ingredients You'll Need

Here's what goes into this simple but flavor-packed frittata:

- **3 large eggs**
- **Chopped bell peppers** any color for sweetness and crunch
- **Diced red onion** adds sharpness and depth
- **Chopped smoky bacon** for that irresistible savory flavor
- **Grated cheese** cheddar, Colby, or your favorite melty mix
- **Black peppercorns** crushed or ground, for a peppery kick
- **Salt**, to taste
- **Cayenne pepper** just a pinch for subtle heat (optional but recommended!)

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How to Make the Frittata in the Air Fryer

1. **Preheat the air fryer** to **200°C (390°F)**.
2. **Whisk the eggs** in a mixing bowl.
3. Add the **chopped peppers, red onion, bacon, cheese, and seasonings** to the eggs. Mix everything thoroughly.
4. **Line a tin tray or silicone liner** that fits inside your air fryer basket.
5. **Pour in the mixture** and gently spread it out evenly.
6. **Air fry for 15 minutes** at 200°C until the top is golden and firm to the touch.
7. Let cool slightly before slicing and serving.

Pro Tips

- **Use pre-cooked bacon** to cut down prep time and ensure crispy bites.
- **Don't overfill your tray** – keep the mixture about 1 inch deep for even cooking.
- Want extra fluff? **Add a splash of milk or cream** to the eggs before whisking.
- Check doneness with a toothpick – if it comes out clean, it's cooked through.

Serving Suggestions

- **Serve hot** straight from the air fryer like a crustless omelette
- **Chill and serve cold** with a **bistro-style salad** (think arugula, cherry tomatoes, vinaigrette)
- Pack in lunchboxes, serve at brunch, or slice into wedges for a high-protein snack

Variations to Try

- **Veggie Frittata:** Skip bacon and load up on mushrooms, spinach, or zucchini
- **Greek Style:** Add olives, crumbled feta, and a touch of oregano
- **Tex-Mex Twist:** Toss in jalapeños, black beans, and taco seasoning
- **Cheese Lovers:** Mix cheddar, mozzarella, and Parmesan for extra cheesiness

Storage & Reheating

- **Refrigerate** leftovers in an airtight container for up to **4 days**
- **Reheat** in the air fryer at 160°C (320°F) for 2-3 minutes or microwave for 30 seconds
- **Freeze** in slices for up to **2 months** – just thaw and reheat when ready

Final Thoughts

This **Air Fryer Frittata** is proof that delicious doesn't have to be complicated. With bold ingredients and a 15-minute cook time, it's a winner whether you're cooking for one or meal prepping for the week. Hot or cold, it's satisfying, flavorful, and endlessly versatile.

Category

1. Air Fryer Recipes

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