

Air Fryer Peppers

Prep: 3 minutes • Cook: 12 minutes

Tender, sweet bell peppers roasted to perfection in the air fryer, glossed with extra-virgin olive oil and bright pops of fresh garlic. A 15-minute vegan, gluten-free side that elevates tacos, bowls, burgers, and more.

Ingredients

- 2 large (about 1 lb / 454 g) bell peppers (cut into 3/4-inch (2 cm) strips, seeds and stems discarded)
- 1 tablespoon extra virgin olive oil
- 1 clove garlic (minced)
- 1/4 teaspoon fine sea salt
- to taste black pepper

Instructions

1. Cut the bell peppers into 3/4-inch (2 cm) strips; discard seeds and stems.
2. In a medium bowl, mix the extra-virgin olive oil and minced garlic.
3. Add the pepper strips and toss to coat evenly; sprinkle with fine sea salt and toss again.
4. Place peppers in a single layer in the air fryer basket (do not preheat). Air fry at 400°F (205°C) for 11–13 minutes, shaking the basket halfway, until tender and browning at the edges.
5. Season with black pepper to taste and more salt if needed. Garnish as desired (e.g., parsley, basil, thyme, Parmesan, feta, or balsamic glaze).

Tags: Air Fryer, Vegan, Gluten Free, Vegetable Side, Bell Peppers, Quick
