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Air Fryer Cauliflower

Prepare a delightful and straightforward side dish with Air Fryer Cauliflower. This healthy fried cauliflower recipe is quick to make, taking only 12 minutes from start to finish.

- Prep Time 3minutes
- Cook Time 12 minutes
- Servings4 People

Air Fryer Cauliflower

Ingredients

- 2 cups cauliflower florets, evenly cut
- 1 teaspoon black pepper powder
- 2 teaspoons paprika or red chili powder
- 1/2 teaspoon turmeric powder
- 1 tablespoon oil
- Optional: Cilantro leaves for garnish
- Optional: Lemon wedges for garnish

Instructions

- In a bowl, combine the cauliflower florets, black pepper powder, turmeric powder, paprika (or red chili powder), and olive oil. Toss well to coat the cauliflower evenly.
- Ingredients: 2 cups cauliflower florets, 1 teaspoon black pepper powder, 2 teaspoons paprika or red chili powder, 1/2 teaspoon turmeric powder, 1 tablespoon oil
- Place the seasoned cauliflower florets in the air fryer basket.
- Air fry at 200°C (392°F) for 12 minutes, shaking the basket halfway through cooking.
- Once cooked, garnish with finely chopped cilantro leaves.
- Optional: Cilantro leaves for garnish
- Serve the air fryer cauliflower with lemon wedges on the side.
- Optional: Lemon wedges for garnish

Notes

- To prevent cauliflower florets from burning, remember to shake the basket periodically while air frying.
- Adjust the cooking time accordingly based on the type and model of your air fryer.
- Feel free to customize the seasoning according to your taste preferences.
- Consider adding garlic powder or cumin powder to the seasoning mix for added flavor.