








Air Fryer Cauliflower



Super simple and delicious crispy Air Fryer cauliflower! Thanks to the Air Fryer, you can easily and quickly make tasty cauliflower with just a handful of ingredients in no time. 4.99 from 63 votes

 Course	side
 Cuisine	International
 Prep Time	5 minutes
 Cook Time	15 minutes
 Total Time	20 minutes
 Servings	4 servings
 Calories	49kcal
 Author	Diana

Equipment

- Air fryer

Ingredients

- 1 small **cauliflower head** cut into florets
- 1 tablespoon **olive oil**
- ¼ teaspoon **ground turmeric**
- ½ teaspoon **smoked paprika**
- ½ teaspoon **salt**
- ¼ teaspoon **ground black pepper**

Instructions

1. Drizzle the cauliflower florets with olive oil, then toss with turmeric, smoked paprika, salt, and pepper so that they're well coated in the seasoning.
2. Roast in the Air Fryer at **390°F (200°C)** for around 15 minutes flipping every 3 minutes.
3. When the air frying process is done, remove from the air fryer basket and serve on a plate. It can be enjoyed either warm or cold.

Notes

- You have to keep an eye on the cauliflower as it's being roasted in the Air Fryer as it can burn easily, it's also different from one cauliflower to another depending on the freshness of the cauliflower and the density of the florets (so it might take less or more time). Check every 3 minutes and shake the basket so that the florets are roasted evenly.
- Use your favorite seasonings. You can add curry powder, cumin, coriander, garlic powder, onion powder, chili powder, etc.

- You can use avocado, or corn oil instead of olive oil.

Nutrition

Calories: 49kcal | Carbohydrates: 4g | Protein: 1g | Fat: 4g | Saturated Fat: 1g | Sodium: 311mg | Potassium: 198mg | Fiber: 1g | Sugar: 1g | Vitamin A: 123IU | Vitamin C: 32mg | Calcium: 15mg | Iron: 1mg

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