

Air Fryer Cauliflower

Prep Time: 20 mins

Cook Time: 15 mins

Serves 4

This crispy air fryer cauliflower is a fun, delicious snack or side dish!

Ingredients

- 1 cup panko bread crumbs
- 1½ teaspoons smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon cayenne
- ¼ heaping teaspoon sea salt
- 1 large egg
- 2 cups small cauliflower florets
- Extra-virgin olive oil, for drizzling
- Lemon wedges, for serving
- Tartar Sauce, for serving

Instructions

1. On a rimmed tray, mix the panko, smoked paprika, garlic, onion, cayenne, and salt. In a small shallow bowl, lightly beat the egg.
2. Preheat the air fryer to 370°F.
3. Dip each cauliflower floret into the egg, coat with the panko mixture, then place onto a large plate. Drizzle the cauliflower with olive oil and place into the air fryer basket in a single layer with a little space between each floret. Don't overcrowd the basket. Work in batches if necessary. Air fry for 9 to 12 minutes, or until golden brown and crisp. The exact timing will depend on your air fryer. Repeat with any remaining cauliflower.
4. Serve with lemon wedges and tartar sauce.

Equipment



Instant Pot Omni Plus
Air Fryer



Panko Bread Crumbs



Vital Farms Eggs