

15-Min Air Fried Cauliflower

Ingredients

Spudshed Farm Fresh Cauliflower, (cut into small florets)

Cobram Estate Extra Virgin Olive Oil, 2 tbsps

G-Fresh Paprika, ½ tsp

G-Fresh Garlic Powder, ½ tsp

G-Fresh Onion Powder, ¼ tsp

G-Fresh Mixed Herbs, 1 tsp

G-Fresh Ground Cumin, ¼ tsp

Panko Breadcrumbs, 2 tbsp

Mil Lel Shredded Parmesan, 2 tbsp

1 Lemon (cut into segments)

Handful of Fresh Herbs

Method

Step 1

Remove the leaves from the cauliflower & cut off the stalk at the bottom.

Chop or break the cauliflower into smaller florets and wash them in a colander.

Step 2

Dry the cauliflower with paper towel, then put into a large bowl. Toss through the olive oil.

Step 3

Sprinkle over all the seasonings, panko breadcrumbs & the parmesan cheese. Toss/mix until all the cauliflower florets are well coated.

Step 4

Add the seasoned cauliflower into the air fryer basket in an even layer. Be careful not to overcrowd it. Cook in two batches if necessary.

Step 5

Air fry for 6 minutes at 200°C. Shake the air fryer basket and air fry for another 6 minutes. Add additional cooking time if required.

Tip: Check the cauliflower every few minutes during the second half of cooking to avoid any burning.

Step 6

Once cauliflower is golden brown & crisp, remove from the air fryer.

Step 7

Serve immediately with a drizzle of lemon and fresh herbs scattered on top.

Tip: You can also serve with tzatziki, Greek yoghurt, sour cream, sweet chilli sauce or another dip of your choice on the side.

Step 8

Enjoy!



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Pic for illustration purposes only. Recipe may vary in appearance to pic.