



Air Fryer Crispy Cauliflower

Serves 4

Ingredients:

- 1 large cauliflower head, cut into florets
- 2 eggs
- 1 cup breadcrumbs
- 1tsp onion powder
- 1tsp garlic powder
- 1tsp chilli powder
- 1tsp smoked paprika
- 1tsp salt
- oil for spraying

Method:

1. Chop cauliflower into the florets
2. In a bowl beat the eggs with 1 tablespoon of water
3. In a second bowl combine breadcrumbs and seasoning
4. Drop each cauliflower floret into egg bowl and then into breadcrumbs mixture and coat well
5. Spray air fryer basket with some oil
6. Arrange breaded cauliflower in a single layer
7. Spray florets with some oil
8. Fry for 8-10 minutes and 190°C

