



Air Fryer Roasted Cauliflower

Serves 4

Ingredients:

- 1 cauliflower head, cut into florets
- 2tbsp olive oil
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp freshly ground black pepper

Method:

1. Place oil and the spices in a bowl and whisk to combine
2. Cut cauliflower into florets
3. Place florets in oil mixture and toss to cover evenly
4. Place in the air fryer basket in an even layer
5. Fry for 15 minutes at 190°C, tossing a couple of times while cooking

