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Air Fryer Cauliflower – Crispy, Healthy & Ready in Just 12 Minutes

Looking for a quick, healthy, and incredibly delicious side dish? This Air Fryer Cauliflower is the perfect solution! It's crispy on the outside, tender on the inside, and packed with bold flavors—ready in only 12 minutes. Whether you're meal prepping, cooking for your family, or simply craving a guilt-free snack, this easy cauliflower recipe is a must-try for UK, USA, Canada, and Germany home cooks.

□ Quick Recipe Overview

- Prep Time: 3 minutes
- Cook Time: 12 minutes
- Servings: 4 people
- Difficulty: Super Easy
- Appliances: Air Fryer

□ Ingredients

- 2 cups cauliflower florets (evenly cut)
- 1 teaspoon black pepper powder
- 2 teaspoons paprika or red chili powder
- 1/2 teaspoon turmeric powder
- 1 tablespoon oil
- Optional: Fresh cilantro for garnish
- Optional: Lemon wedges for serving



Air Fryer Cauliflower

Instructions

1. In a mixing bowl, add the cauliflower florets, black pepper, paprika (or red chili powder), turmeric powder, and oil.
   Toss everything well so the florets are evenly coated with spices.
2. Transfer the seasoned cauliflower into the air fryer basket.
3. Air fry at 200°C (392°F) for 12 minutes, shaking the basket halfway to ensure even cooking.
4. Once perfectly crispy and golden, garnish with fresh cilantro.
5. Serve with lemon wedges for a bright, fresh flavor boost.

Notes & Tips

- Shake the air fryer basket halfway through cooking to avoid burning.
- Cooking times may vary depending on your air fryer model—adjust as needed.
- Customize the spices to your taste!
- Add garlic powder, cumin powder, or Italian seasoning for extra depth of flavor.

Why This Recipe Works

- Healthy: Uses minimal oil
- Fast: Ready in 12 minutes
- Versatile: Works as a snack, side dish, or appetizer
- Family-Friendly: Mild heat, comforting flavors
- Perfect for UK/US/CA/DE tastes: Simple, bold, and wholesome

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