

Air Fryer Cauliflower & Mushrooms: Golden, Crispy & Flavorful

Golden, Crispy & Full of Flavor - Try This Air Fryer Cauliflower & Mushroom Dish



OVEN
375°F

TIME
3-5 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 head of cauliflower, cut into florets
8 oz cremini mushrooms (baby bella), quartered or halved if small
2 tablespoons olive oil
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon smoked paprika
1/4 teaspoon salt (or to taste)
1/4 teaspoon black pepper (or to taste)
Optional: Fresh parsley or chives for garnish

DIRECTIONS

1. Let's get those veggies crispy and delicious in the air fryer!
2. Prepare : Vegetables: Wash and thoroughly dry the cauliflower florets and mushrooms. Cut the cauliflower into bite-sized florets, ensuring they are roughly equal in size. Quarter the larger cremini mushrooms or halve smaller ones. Aim for pieces that are similar in size to ensure even cooking.
3. Season the : Veggies: In a large bowl, combine the prepared cauliflower and mushrooms. Drizzle with olive oil and toss well to coat.
4. Add : Spices: Sprinkle the garlic powder, onion powder, smoked paprika, salt, and black pepper over the vegetables. Toss again thoroughly, making sure all the florets and mushroom pieces are evenly coated with the seasonings.
5. Preheat : Air Fryer (Optional but Recommended): If your air fryer has a preheat setting, preheat it to 375°F (190°C) for 3-5 minutes.
6. Air : Fry: Place the seasoned cauliflower and mushrooms in a single layer in your air fryer basket. You will likely need to work in batches to avoid overcrowding, which prevents crisping.
7. Cook: Air fry for 15-20 minutes, shaking the basket halfway through (at the 7-10 minute mark), until the vegetables are tender, golden brown, and delightfully crispy. Cooking time may vary slightly depending on your air fryer model and how crowded the basket is.
8. Serve: Transfer the golden, crispy cauliflower and mushrooms to a serving dish. Garnish with fresh parsley or chives if desired, and serve hot.

SWAPS & NOTES

I particularly love how the air fryer achieves that perfect crispy exterior on the cauliflower and a tender, slightly chewy texture on the mushrooms without deep-frying.

The simple seasoning blend enhances their natural flavors, making them utterly addictive.

It's a fantastic way to get more vegetables into your diet, and honestly, even my pickiest eaters ask for seconds when this is on the table.

It's quick, convenient, and always delivers on taste and texture!

TIPS FOR SUCCESS

Don't Overcrowd: This is the most crucial tip for air frying!

Overcrowding the basket steams the vegetables instead of crisping them.

Work in batches to ensure maximum crispiness.

Dry Veggies: Make sure your cauliflower and mushrooms are thoroughly dry before tossing with oil and seasonings.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/air-fryer-cauliflower-mushrooms-golden-crispy-flavorful/>