

## The Secret to Extra Crispy Roasted Cauliflower (Never Mushy Again!)

I return to this recipe week after week because it is



**OVEN**  
**425°F**

**TIME**  
**25-30 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 large head of cauliflower: Look for one that feels heavy for its size with tightly closed florets.
- 3 tbsp olive oil: Essential for that crispy texture and heat conduction.
- 1 tsp garlic powder: Provides an even, savory coating.
- 1 tsp paprika: For color and a subtle earthiness.
- 1/2 tsp cumin: This adds a warm, smoky undertone that makes the cauliflower pop.
- Salt and pepper to taste: Don't be shy with the salt; cauliflower needs it!
- 1/4 cup grated Parmesan cheese (optional): For a salty, nutty crust.
- Fresh parsley, chopped: For a bright, fresh finish.

### DIRECTIONS

- 1. Preheat the Oven:** Start by preheating your oven to 425°F (220°C). A hot oven is the absolute key to roasting rather than steaming. Line a large rimmed baking sheet with parchment paper. This prevents sticking and makes cleanup a breeze.
- 2. Prepare the Cauliflower:** Wash your cauliflower and pat it completely dry. Pro Tip: Any moisture left on the florets will create steam, preventing them from getting crispy. Cut the head into bite-sized florets. In a large mixing bowl, toss the florets with the olive oil, garlic powder, paprika, cumin, salt, and pepper. Ensure every nook and cranny is coated.
- 3. Spread on Baking Sheet:** Transfer the seasoned cauliflower to your prepared baking sheet. Arrange them in a single layer. If the pan is too crowded, the cauliflower will release moisture and soften. If you're doubling the recipe, use two pans!
- 4. Roast to Perfection:** Slide the tray into the oven and roast for 25-30 minutes. About halfway through (around the 15-minute mark), use a spatula to flip the florets. This ensures they get that beautiful golden-brown color on all sides.
- 5. Add the Finishing Touch:** If you are using Parmesan cheese, sprinkle it evenly over the cauliflower during the last 5 minutes of roasting. This allows the cheese to melt and form a delicious, crispy crust without burning.
- 6. Garnish & Serve:** Remove from the oven once the edges are dark gold and the stems are tender. Garnish with a handful of fresh chopped parsley and serve immediately while they are at their peak crispiness.

## SWAPS & NOTES

**The Spice Rack:** Feel free to swap the paprika for smoked paprika if you want a "fire-roasted" flavor.

If you want a spicy kick, add a pinch of cayenne pepper or red pepper flakes.

**Oil Options:** While olive oil is my go-to, avocado oil works beautifully here due to its high smoke point.

**Vegan Option:** Simply omit the Parmesan or use a nutritional yeast sprinkle to keep that "cheesy" flavor while staying plant-based.

## TIPS FOR SUCCESS

**Size Matters:** Try to cut your florets into uniform sizes.

If some are huge and others are tiny, the small ones will burn before the large ones are cooked through.

**Don't Overcrowd:** I can't stress this enough.

**Space is the friend of the "crunch." High Heat is Essential:** Don't be tempted to lower the temp to 350°F.

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

Original recipe: <https://chefmaniac.com/the-secret-to-extra-crispy-roasted-cauliflower-never-mushy-again/>