

Crispy Air Fryer Cauliflower Recipe You'll Be Obsessed With

Air-Fried Crispy Cauliflower That Tastes Like Healthier Tater Tots



OVEN
375°F

TIME
12 to 15 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 medium head cauliflower, cut into bite-sized florets
2 tablespoons olive oil
1/2 cup grated Parmesan cheese
1/2 cup breadcrumbs or crushed pork rinds for a lower-carb option
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon black pepper
1 large egg
Cooking spray, if needed
Optional for Serving:
Ranch dressing
Spicy mayo
Marinara sauce
Greek yogurt dip

DIRECTIONS

1. Preheat your air fryer to 375°F if your model requires preheating.
2. Wash and dry the cauliflower well, then cut it into bite-sized florets.
3. In one bowl, beat the egg.
4. In another bowl, combine the : Parmesan, breadcrumbs or crushed pork rinds, garlic powder, onion powder, paprika, salt, and black pepper.
5. Toss the cauliflower florets with the olive oil.
6. Dip each floret into the egg, then coat it in the seasoned crumb mixture, pressing lightly so the coating sticks.
7. Arrange the coated cauliflower in a single layer in the air fryer basket. Work in batches if needed so the pieces do not overlap too much.
8. Air fry for 12 to 15 minutes, shaking the basket or turning the florets halfway through, until golden brown and crisp on the outside.
9. Serve immediately with your favorite dipping sauce.

SWAPS & NOTES

If you want to keep this recipe lower carb, crushed pork rinds work really well in place of breadcrumbs and still give you that crispy finish.

Parmesan adds salty, savory flavor and helps the coating brown nicely in the air fryer.

You can also play with the seasoning mix.

A pinch of cayenne adds heat, Italian seasoning adds a more herby profile, and smoked paprika gives the bites a deeper flavor.

TIPS FOR SUCCESS

Drying the cauliflower well before coating it makes a big difference.

Too much moisture can keep the coating from sticking properly and may prevent the florets from crisping as well as they should.

The air fryer works best when hot air can circulate around the food, so giving the cauliflower a little space helps it crisp rather than steam.

If you need to cook in batches, it's worth the extra few minutes.

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

Original recipe: <https://chefmaniac.com/crispy-air-fryer-cauliflower-recipe-youll-be-obsessed-with/>