

Simple Air-Fried Curry Cauliflower

This simple and tasty cauliflower can be made by simply combining a bit of curry and after a few minutes in the air-fryer you will have a super healthy side dish.



Here I am again with another recipe using the air-fryer...I must confess that this is one of the most used gadget in my kitchen and I regret not getting it earlier...I have been experimenting with all kind of food, and so far I am pretty content with the results, especially that so little oil is needed if any in order to accomplish flavorful dishes. Moreover, it is so easy to clean...which is a very important element when it comes to everyday cooking...with no more words, I will go ahead with this week recipe.

Ingredients:

- 1 head of cauliflower cut into small florets, about $\frac{3}{4}$ in.
- 1 $\frac{1}{2}$ tablespoon olive oil
- 1 to 2 teaspoons curry powder
- Salt and pepper to taste



Method:

Preheat the air fryer to 350°F

In a bowl, toss together the cauliflower, olive oil, curry powder, salt and pepper.

Place the cauliflower in the fry basket and insert into the air fryer. Cook until the cauliflower is lightly browned, about 6 to 7 minutes, gently shake the basket halfway through roasting.

Transfer the cauliflower to a bowl and serve hot/warm.





I hope you enjoy this simple, healthy and easy recipe for cauliflower using air-fryer.



Did you know that cauliflower is from the Brassicaceae family? The same family from broccoli, cabbage, brussels sprouts, kale and collard green.

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a colorful day!