

# AIR FRYER CURRY CAULIFLOWER

## INGREDIENTS

- 1 large head cauliflower
- 3 tbsp. avocado oil
- 2 tbsp. soy sauce
- 2 tsp. sriracha - optional
- 1 tsp. garlic powder
- 1 1/2 tsp. curry powder
- 1/4 tsp. black pepper
- Sea salt to taste

## PREPARATION

1. In a small bowl or measuring cup, stir together the avocado oil, soy sauce, sriracha, garlic powder, curry powder, black pepper, and sea salt until well-combined.
2. Rinse the cauliflower well under water and pat dry with paper towels.
3. Use a sharp knife to chop the head of cauliflower into small florets. Discard the thick stems and transfer florets to a large mixing bowl.
4. Pour the seasoned oil mix over cauliflower and toss everything to coat florets well.
5. Preheat the air fryer to 375°F and transfer cauliflower to the air fryer basket. Make a single layer for best results.
6. Fry for 7-10 minutes or until the cauliflower is crispy and has reached your desired level of doneness.
7. Serve and enjoy!

