



Bang Bang Cauliflower - Air Fryer Recipe



Bang Bang Cauliflower is easy to make in the air fryer for crispy spicy air fryer cauliflower! This bang bang sauce is delicious, healthy and versatile!

Course	Side Dish
Cuisine	Chinese
Keyword	air fryer cauliflower, bang bang cauliflower, keto air fryer cauliflower, keto bang bang cauliflower

Servings	4
Calories	106 kcal
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Ingredients

Air Fryer Cauliflower Ingredients

- 1 head cauliflower cut into florets
- 1 tbsp olive oil
- salt + pepper to taste

Bang Bang Sauce Ingredients

- 1/2 cup Primal Kitchen Avocado Mayo
- 2 tbsp sweet Thai chili sauce
- 1 tbsp Sriracha sauce
- 1 tsp rice vinegar

Instructions

Air Fryer Cauliflower Instructions

1. Drizzle olive oil onto cauliflower. Season with salt + pepper.
2. Place into air fryer sprayed with coconut oil cooking spray. Cook at 400F for 10 minutes, shaking at 5 minutes.

Bang Bang Sauce Instructions

1. While cauliflower is in the air fryer, combine sauce ingredients in a small bowl and set aside.
2. Once cauliflower is cooked, add to a bowl along with bang bang sauce. Add bang bang sauce by tbsp starting with 3-5 then adding in more as desired. Serve immediately.

Recipe Notes

Serving size assumes 1 serving cauliflower plus 1 1/3 tbsp bang bang sauce.

Bang Bang sauce recipe inspired by All Recipes.