



# Bang Bang Cauliflower - Air Fryer Recipe

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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.