



Air fryer KFC-auliflower
RECIPE

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COOK TIME

25 minutes

PREP TIME

7 mins

SERVES

4 x

Crispy, golden Air Fryer KFC-auliflower made with MasterFoods All Purpose Blend and Garlic and Truffle No Rules Sauce – the ultimate snack!

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INGREDIENTS

For the KFC-auliflower:

- 1 cup plain flour
- 3 tbsp MasterFoods All Purpose Blend
- 1 tsp salt
- 3 eggs
- 1 tbsp milk
- 220g panko breadcrumbs
- 1 head cauliflower, broken into florets

RELATED PRODUCTS



MasterFoods All Purpose Blend "No Added Salt" 38g

[See details](#)

METHOD

1. 1.
Preheat the air fryer to 160 degrees celcius.
2. 2.
Add flour, MasterFoods All Purpose Blend and salt into a large bowl. Mix to combine.
3. 3.
In a second bowl whisk the eggs and milk. In a third bowl, place the breadcrumbs.
4. 4.
Coat the cauliflower florets in the flour first, followed by egg wash. Repeat with flour and egg wash a second time to double-coat before tossing in breadcrumbs. Place on a plate, and repeat with remaining cauliflower.
5. 5.
Place the coated cauliflower pieces into the air fryer basket and spray with cooking oil.
6. 6.
Air fry for 12-14 minutes or until cooked through and golden.
7. 7
Place the Air-Fryer KFC-auliflower onto a serving plate, with the Masterfoods Garlic and Truffle Sauce on the side.
8. 8
Garnish the KFC-auliflower with the parsley leaves.
9. 9
Serve warm and enjoy!

This recipe was originally developed by TastyOz via BuzzFeed.com.au

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