

WHAT'S 4 DINNER?

#RECIPES THAT DISH



Air Fryer Buffalo-Ranch Cauliflower Bites

January 27, 2022

Whether it's game day or you've just got a hankering for some Buffalo Wings, this is a great vegetarian version that comes together in a snap! An air fryer makes quick work of crisping up cauliflower florets that have been dunked in sauce, then a breadcrumb mixture with the Ranch dressing baked right in!

Serves 4

Ingredients:

- 4 cups cauliflower florets
- 4 Tablespoons ($\frac{1}{2}$ stick) unsalted butter, melted
- $\frac{1}{2}$ cup Buffalo-style hot sauce
- $1\frac{1}{2}$ Tablespoons Ranch seasoning/dip mix
- 1 cup panko or regular breadcrumbs
- $\frac{1}{2}$ teaspoon kosher salt (Diamond Crystal)
- $\frac{1}{2}$ teaspoon ground black pepper
- Olive Oil Spray for air fryer basket
- Celery & Carrots, for serving
- Blue Cheese or Ranch dressing, for serving

Method:

1. Stir together melted butter and buffalo sauce. Pour half of the mixture into a large mixing bowl. Add cauliflower florets to the bowl, and toss to coat. Save the remaining sauce to toss the cooked florets in later. Lightly coat your air fryer basket with olive oil spray to keep the cauliflower from sticking while cooking.
2. In a separate bowl, mix together breadcrumbs, Ranch seasoning, salt, and pepper.
3. Dip each cauliflower floret from the buffalo sauce into the breadcrumb mixture until coated, and arrange in the air fryer basket in one even layer. Cook half of the cauliflower in an air fryer at 360°F for 12-15 minutes, shaking halfway through cooking. Repeat the process with the remaining cauliflower.
4. Once all cauliflower has been air fried, microwave the remaining buffalo sauce and butter mixture so that it's warm. Toss cooked cauliflower in the sauce until well-coated, and transfer to a platter. Serve with celery sticks, carrots, and dressing, if desired.

*Notes

In the process of cooking/shaking the cauliflower some of the breadcrumbs will fall through the air fryer basket. Save those to sprinkle on at the end for extra crunch!