Air fryer

Roast Persian cauliflower with honey and pomegranate

Big golden florets with dark edges, a drizzle of honey and pomegranate seeds that burst when you bite into them.

Serves 4 · Prep 10 min

Equipment Preheated air fryer with room for a single layer

Heat 190°C

Cook 15-20 min per batch

Total 25-30 min for one batch plus preheat

You will need

1 large cauliflower, about 700 g after trimming
2 tbsp rapeseed oil
16 g Smoke & Flame Persian blend
¼ tsp fine sea salt
1 tbsp clear honey
60 g pomegranate seeds
1 tbsp fresh mint, small leaves, torn, optional
Allergens Check the spice blend label for allergens.

Method

1. Heat and season. Preheat the air fryer to 190°C. Cut the cauliflower into large florets, about 4-5 cm across, and pat dry. Toss with the oil, Persian blend and salt.

2. Air-fry. Arrange in a single layer. Cook for 15-20 minutes, turning or shaking the basket halfway, until browned at the edges and tender through the stems. Work in batches if needed.

3. Dress and serve. Transfer to a warm platter. Drizzle with the honey and scatter over the pomegranate seeds. Finish with torn mint leaves, if using.

What to look for Browned edges and stems tender to a knife

Cook’s note Give the florets room. Spread them over two trays or cook in batches if they crowd together.