

RECIPE



This Air-Roasted Cauliflower with Creamy Tahini is a delicious, nutrient-packed dish that combines warm spices with a rich, velvety sauce. The air roasting method brings out the natural sweetness of the cauliflower while keeping it tender on the inside and perfectly crisp on the outside. Paired with a creamy tahini sauce and fresh herbs, this dish offers a delightful balance of earthy, tangy, and nutty flavors. Whether served as a hearty side or a light main course, it is both satisfying and nourishing.

Air-Roasted Cauliflower with Creamy Tahini

Yield: 1 – cauliflower head

For the cauliflower

1 small cauliflower head (check the size of your air fryer before choosing the cauliflower)

1 Tbsp. coconut yogurt

2 Tbsp. olive oil

½ tsp. sea salt

¼ tsp. allspice

½ tsp. garlic powder

1 tsp. Masala or Baharat seasoning

For the tahini sauce

2 Tbsp. tahini

1 Tbsp. fresh lemon juice

3 Tbsp. water, plus more as needed

1 small garlic clove, grated or pressed

1/3 tsp. sea salt

Yours to Artful Eating,

Patricia Shani
C H E F



IG @Chef4us1
Site chef4us.wixsite.com/chef4us
Mail patricia@chef4us.com
Cel +1 954 913 0880

RECIPE



The last touch

½ tsp. sumac

1 Tbsp. chopped parsley

1 Tbsp. chopped mint

Instructions:

Sanitize and dry the cauliflower.

In a bowl combine all seasonings and rub all over the cauliflower.

Let the cauliflower sit for 2 hours to a day.

Place the seasoned cauliflower in the air fryer and cook at 330F for 40 minutes.

Remove it from the air fryer and set aside in a serving dish.

In a small bowl, stir together the tahini, lemon juice, water, garlic, and sea salt until well combined.

- If you find the tahini too thick, add water, as needed, to reach your desired consistency.

Sprinkle the sumac all over the cauliflower.

Then drizzle 2 spoons of tahini and decorate with parsley and mint.

Serve with the remaining tahini.

Health Benefits of this Recipe:

Packed with fiber, antioxidants, and healthy fats, this recipe supports digestion, immunity, and overall well-being:

- Cauliflower aids gut health and detoxification.
- Coconut yogurt provides probiotics for digestion.
- Olive oil offers heart-healthy fats and anti-inflammatory benefits.
- Spices & herbs enhance flavor while supporting immunity and digestion.
- Tahini is rich in protein, calcium, and healthy fats.

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