

# Cauliflower Parmesan

Ingredients:

1 medium head cauliflower

1 cup Rice Flour

2 cups gluten-free breadcrumbs (plain or seasoned)

3 large eggs, beaten

Kosher salt/pepper to taste

About 3 Tablespoons olive oil in the bottom of the air fryer (Biancolilla)

2-3 cups marinara sauce (used my quick and easy Marinara)

8 oz. mozzarella, shredded

1/3 cup grated Parmesan

## Directions:

Preheat the oven to 400°

1. Cut the cauliflower into florets and wash
2. Mix the rice flour with 1 teaspoon salt in a dish. Beat the eggs in a bowl.  
Add breadcrumbs to a Ziploc baggie.
3. Add 2-3 Tbsp. olive oil to the AirFryer, cook on the french-fry (350°) setting (18 minutes)
4. Working with the larger pieces first, add the cauliflower to the flour and turn to coat. Shake off the excess, then dip in the egg to coat. Let excess egg drip off, then coat thoroughly in the breadcrumbs. Add the cauliflower to the AirFryer basket, shake them half way through cooking.
5. Using a cast-iron skillet or oven safe dish, pour a drizzle of olive oil to make a thin coating on the bottom of the pan. Spread some marinara sauce on the bottom of pan/baking dish. Place the air-fried cauliflower in layers and spread sauce and mozzarella between each layer of cauliflower. Continue until your last layer of cauliflower is done then spoon the remaining marinara and cheese over the top. Sprinkle with Parmesan and bake until bubbling and the mozzarella is browned in spots, about 15-20 minutes.

\*\*\*Try adding a little Basil Pesto for a touch of freshness\*\*\*

\*\*\*If your not Gluten Free use regular Flour and Breadcrumbs or Panko\*\*\*