

# Air-Fryer Broccoli

By Eleanore Park

**Total Time** 15 minutes

**Rating** ★★★★★ (729)



Armando Rafael for The New York Times. Food Stylist: Cyd Raftus McDowell. Prop Stylist: Paige Hicks.

Broccoli roasts beautifully in the air fryer, and in record time with minimal effort. The air fryer is especially adept at producing the Maillard reaction — the chemical processes that transform sugars and proteins in food when browned and caramelized, deepening their flavor — because the controlled, high heat draws out moisture, creating a lovely char while keeping vegetables tender and flavorful. This recipe gives the broccoli a hit of umami from soy sauce, which is bolstered in the high heat, resulting in nutty, sweet and salty notes. If you'd like more umami, a drizzle of fish sauce or chile crisp will stretch these flavors even further. A sprinkle of sesame seeds adds nuttiness, and some fresh lemon zest provides a jolt of brightness.

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## INGREDIENTS

**Yield:** 2 servings

2 small broccoli heads (1 scant pound), florets cut into 1 ½- to 2-inch pieces

2½ tablespoons extra-virgin olive oil

2½ teaspoons low-sodium soy sauce

¼ teaspoon red-pepper flakes

1 lemon wedge, for squeezing

Lemon zest, sesame seeds, fish sauce, chile crisp or chile oil, for serving (optional)

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## PREPARATION

### Step 1

Heat air fryer to 375 degrees, if preheating is recommended for your air fryer.

### Step 2

Add the broccoli to a medium bowl, along with any tiny stray pieces from the cutting board (they will get crunchy and browned). Drizzle with the olive oil, soy sauce and red-pepper flakes and toss to coat.

### Step 3

Transfer broccoli to the air fryer basket. Use a spatula to scrape any remaining soy sauce and oil from the bowl over the broccoli. (Every drop can help the broccoli char and deepen the flavor.) Fry at 375 degrees for 9 minutes, tossing the broccoli halfway through with tongs or shaking the basket, until the heads of the florets are browned and crisped and broccoli stems are tender when pierced with a fork.

### Step 4

Transfer broccoli to a serving bowl and drizzle with lemon juice.  
Top with lemon zest, sesame seeds, fish sauce, chile crisp or chile oil, if desired.

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**Private Notes**

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