

# Curly Kale Chips

by Françoise La Prune

serves	level	prep time	baking time
4	easy	10 min	6-10min per batch

Kale is a nutritious powerhouse. A way of making Kale more enticing is to turn it into crunchy bite-sized Chips - simple to make and absolutely delicious. Just be careful as not to add too much oil (*you don't want them soggy*) and use just a pinch of salt (*they are naturally quite salty*).



## Ingredients

4 big handfuls **curly kale** - *bite sizes and stem cut off*  
2 tbsp **olive oil**  
**maldon sea salt** or other salt



## Instructions

1. Preheat the oven to 160°C / fan 140°C / 320°F.
2. Wash your kale and make sure it's totally dry! *Use a salad spinner if possible.*
3. Add the stemless kale to a bowl, add the olive oil and massage it gently into the kale. Make sure the kale is nicely enrobed.
4. Add a good pinch of salt - *the temptation is to add more but don't!*
5. Lay them in a single layer on parchment paper - *don't overcrowd, you'll need to make 2 batches!*
6. Bake for approximately 8min - start checking on them after 6min as they don't all cook at the same pace - *be careful, they can burn rapidly!* - you could bake both batches at the same time, just rotate trays in between.
7. Put on a wire rack to cool down.
8. Enjoy!

## Tips / Variations:

- Add spices such as chilli or garlic powder, cayenne pepper.
- Give an extra nutrient boost by adding spirulina powder.
- Exchange curly kale with cavolo nero - baking time could be slightly increased.