

# Chilli and paprika kale chips



## Chilli and paprika kale chips

**Serves:** 4-6

**Preparation time:** 10 minutes

**Cook time:** 15-20 minutes

### Ingredients

- 1 bunch kale
- 2 tbsp olive oil
- 1 tsp onion powder
- 1 tsp ground smoked paprika
- ½ tsp dried red chilli flakes

### Method

1. Preheat oven to 190°C (170°C fan forced).
2. Wash and thoroughly dry kale. Remove kale stems and discard. Tear kale leaves into bite-sized pieces and place in a bowl.
3. Add oil, onion powder, paprika and chilli to bowl and gently toss until evenly coated.
4. Line a baking tray with baking paper. Spread kale out on tray and bake for 15-20 mins or until crisp.
5. Cool kale chips on the baking tray for 5 mins before serving.



Kale chips are a great option to boost vegetable intake in your diet. Kale is packed full of vitamins and minerals and makes a very tasty (and healthy) snack alternative to potato chips.

**TIP:** Enjoy kale chips immediately once cooled as they do not store well.