



## Quick kale chips

# Ingredients

- 1 bunch curly kale
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground  
smoked paprika
- Sea salt flakes, to  
taste



# Directions

## Step 1

- Preheat oven to 200C.  
Toss shredded curly  
kale, olive oil, ground  
cumin, ground smoked  
paprika and sea salt  
flakes in a bowl.
- Spread evenly over 2  
lined baking trays.
- Bake for 12-15 mins or  
until just crisp. Cool.

