

Kale Chips

A crispy snack made for a homegrown kale glut

DIFFICULTY Easy
COURSE Snack
CUISINE Australian



PREP
10 min



COOK
15 min



TOTAL
25 min



SERVES
4



FREEZES WELL
No

01 Ingredients

- 200g kale, stems removed, torn into pieces
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp smoked paprika (optional)

02 Method

1. Preheat oven to 150C. Wash kale thoroughly and dry completely - important for crispiness.
2. Tear leaves into bite-sized pieces, discarding tough stems.
3. Toss with olive oil, massaging it into the leaves to coat evenly.
4. Spread in a single layer on a baking tray, without overcrowding.
5. Bake for 12-15 minutes, turning halfway, until crisp but not browned. Season with salt immediately after baking.

04 Common mistakes

- **Not drying the leaves properly** — any lingering moisture steams the kale instead of crisping it; dry thoroughly with a salad spinner or clean towel.
- **Overcrowding the tray** — leaves need space to crisp evenly, or they steam each other; use two trays if needed.
- **Baking too hot or too long** — kale can go from crisp to burnt within a minute once it's ready; watch closely near the end.

03 Notes & substitutions

- Curly kale gives the most classic crunch, but any variety works.
- Try nutritional yeast instead of paprika for a cheesy, savoury flavour.
- A pinch of chilli flakes or garlic powder both work well as alternative seasonings.
- Vegetarian and vegan as written.

05 Storage & leftovers

PANTRY	Airtight container, up to 2 days, though best eaten the day they're made.
FREEZER	Not recommended - kale chips lose their crispness completely.
RE-CRISPING	A few minutes in a low oven can revive slightly soft chips.