



Kale chips greek style

Ingredients:

- 300g kale, washed stems removed and roughly torn
- Sea salt
- 2 tbsp of extra virgin olive oil
- 1/2 cup grated parmesan
- 1/4 cup dried oregano/rosemary leaves
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Method:

1. Wash your kale leaves and pat dry
2. Take your olive oil and massage the kale
3. Mix through your salt and grated parmesan, until each piece is coated with oil. If you have dried oregano sprinkle over then pop in the oven and cook for 15 minutes or until crispy. They burn easily so keep checking.
4. Remove from the oven, place onto paper towel then onto 2 platters

Notes

Add thyme

Also add smoked
paprika to the
oil.