ROASTED LEMON KALE CHIPS

From our garden: kale

NOTES TO STUDENTS and VOLUNTEER:
1. Work as a group to make this recipe.
2. Thoroughly wash the kale leaves.
3. Focus on your knife skills when cutting the vegetables.

EQUIPMENT
- Chopping board
- Large knife
- Salad spinner
- Large bowl
- Baking tray
- Baking paper
- Tongs
- Measuring jug
- 4 serving bowls
- Salad servers

INGREDIENTS
- 10 large curly kale leaves
- ¼ cup olive oil
- ½ lemon
- Sea salt
- Freshly ground black pepper

WHAT TO DO
- Preheat the oven to 180°C.
- Cut out the thick stems from the kale. Wash and gently spin the leaves in a salad spinner.
- Coarsely chop the leaves and place into a large mixing bowl.
- Toss the leaves with olive oil, a generous amount of salt and pepper and the juice of half a lemon. Use your hand to coat the leaves with the oil mixture.
- Spread the kale out on a large baking tray lined with baking paper.
- Bake until a little crispy on the edges but still tender, approximately 10 - 15 minutes. Turn if necessary using the tongs.
- Wash up any utensils and clean workspace.
- Remove from the oven.
- Transfer into serving bowls and serve warm.