

# BAKED CRISPY KALE SEAWEED

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Serves 2-4

## INGREDIENTS:

3 Handfuls of Kale  
1 Pinch Sea Salt  
1 Pinch Caster Sugar  
Olive Oil

## DIRECTIONS

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Preheat your oven to 220°C.

Pull the kale leaves from the stalks. Hold the end of the stalk and slide your other hand down towards the leaves, pulling them from the stem as you go.

Finely chop the leaves.

Drizzle over a little olive oil and then toss to coat.  
Season with a pinch of salt and sugar.

Arrange in a single layer on an oven proof tray or dish and then bake for around 5 minutes or until deep and crispy. Check after 2 minutes as it can burn quickly.