

## Paprika and Lime Baked Kale Leaves

GREEN (ACT & SA) / Everyday (NSW)

Makes 4 serves

### Ingredients:

- 1 Bunch of kale
- 1 Tbsp. olive oil
- 1 Tsp. smoked paprika
- Zest of 1x lime



### Method:

1. Preheat your oven to 125 degrees Celsius.
2. Remove stems from your kale and tear the leaves into large pieces.
3. In a large bowl toss kale leaves and olive oil.
4. Sprinkle kale leaves with the smoked paprika and lime zest, then toss again.
5. Line baking tray with baking paper and spread the kale leaves evenly on the tray ensuring none are overlapping.
6. Bake for roughly 20 minutes checking the kale every 5 minutes or so.
7. Toss, turn or rotate the kale/tray at around 10 minutes and remove it once crispy or when the edges start to go brown.

### Tips:

- Kale can come in many different sized bunches. This recipe is for roughly two oven trays worth of raw kale, so if you think you have too much try spreading it out over two oven trays before flavouring it to ensure you don't have too much.
- If you wash your kale before preparing it, ensure it is thoroughly dry before adding the oil and flavourings, otherwise, it won't crisp up in the oven and may become soggy.
- Keep the leaves large. As the kale leaves bake, they will dehydrate and shrink so keep them large when first tearing them.
- If you don't plan on eating your kale leaves straight away make sure you store them in an airtight container. Be prepared for them to lose some of their crispiness and crunch though, as once baked they can be sensitive to moisture.
- Cooking times may vary depending on your oven. So, ensure you keep an eye out the first time you make this recipe to make sure you don't burn the kale.

### Variations:

- Experiment with different herbs and spices. Why not try other flavours such as fresh rosemary, lemon zest and black pepper or tomato powder and Italian herbs (pizza flavour!).

*Recipe tested by JM July 2018*

**Nutrition information:**

<b>Paprika &amp; Lime Kale leaves</b>	<b>Per serve (52.5g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	155.9	296.9
<b>Protein (g)</b>	0.74	1.4
<b>Fat – total (g)</b>	2.7	5.1
<b>Fat – saturated (g)</b>	0.4	0.8
<b>Carbohydrates – total (g)</b>	1.4	2.7
<b>Carbohydrates – sugar (g)</b>	1.4	2.6
<b>Sodium (mg)</b>	5.7	10.9
<b>Fibre (g)</b>	1.7	3.3