FOOD & COOKING WITH CHEF ROSS

Kale Chips



Preparation: 10 minutes | Baking: 20–30 minutes | Serves: 6 people

What you need

Ingredients



- 1 bunch kale
- 1 tablespoon extra virgin olive oil
- Salt to taste

Optional flavours

- ½ teaspoon garlic granules
- ½ teaspoon onion powder
- 1 tablespoon nutritional yeast

Use one or combine them. If using both garlic and onion, start with ¼ teaspoon of each.

Equipment



- Fan-forced oven and oven mitts
- Baking tray and baking paper
- Large mixing bowl

Let’s make it



1. Prepare — about 10 min

Heat oven to 120°C fan-forced.

Wash kale.

Pull leaves away from thick stems, tear into small pieces and dry very well.

Kale Chips



2. Coat and spread

Put kale in a bowl.

Add olive oil and any optional garlic granules, onion powder or nutritional yeast.

Mix gently.

Spread in one layer on a lined tray.

Sprinkle lightly with salt.



3. Bake — about 20–30 min

Bake for 20–30 minutes.

Check regularly, turn leaves if needed, and take out when dry and crisp.

Do not let them burn.



4. Cool and enjoy

Use oven mitts to take out tray.

Let kale cool briefly and enjoy fresh.

Serving and storage

- Best eaten fresh.
- Let cool completely before putting in an airtight container.
- Store plain dry chips airtight for about 2–3 days for best quality.
- Discard if damp or mouldy.
- Vegan and vegetarian.
- Gluten-free only with suitable seasonings and no cross-contact.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.