



Monsoon Coast Kale Chips

Ingredients:

1 bunch kale

1 - 2 tbsp Monsoon Coast Spice
Blend of your choice

4 TBL olive oil

Salt to taste

Spices Used: Monsoon BaltiBBQ & Roast
RubDurban CurryMonsoon TandooriTobago
Habanero Curry

Instructions:

1 - Pre-heat oven to 375 degrees.

2 - Line baking sheet with parchment paper.

3 - Remove the large vein from the kale. Tear into bite size bits and wash well. Dry in a salad spinner or pat dry with a clean tea towel.

4 - Place olive oil, Monsoon Coast blend and salt into a large bowl. Mix until combined.

5 - Add the kale and toss until coated. You may want to use your fingers to rub the oil evenly into the leaves.

6 - Spread kale evenly over baking sheet. Bake at 375 for 10-15 minutes. Stir a few times to ensure they don't burn.