# Spicy Bitter Melon & Kale Chips.

## Equipment
- Colander
- Sliver bowl
- Chopping board
- Cooks knife
- Measuring spoons

## What to do
1. Preheat oven to 180°C.
2. Cut melon into ¼ inch round slices and place in a colander in the sink and toss salt all over the melon. (This draws out the bitter juice). Leave for up to 2 hrs.
3. Wash off the salt gently and pat dry with paper towel. Wash kale and dry with paper towel.
4. In a large bowl toss melon with garlic powder, olive oil and cayenne pepper.
5. Place on an oiled baking tray making sure there is space between melon pieces so they can bake evenly.
6. Cook until golden, flipping after 20 mins.
7. Divide among 3 dishes and serve.

## Ingredients
- 1-2 bitter melons (Gourd)
- 3-4 kale leaves
- 1-2 tspn salt
- 1 tspn garlic powder
- ½-1 tspn cayenne pepper powder
- 2 Tbspn olive oil