

Spicy kimchi chips

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These kimchi chips are an easy little snack, perfect for when you're on the go.

You will need a dehydrator, which you can pick up online – they're not very expensive and have loads of uses. Dehydrating vegies is a great way to get your kids to eat them. These kimchi chips are a spicy little snack for grown-ups, but if you're cooking for the younger ones, just omit the chilli as these do have a nice bit of kick.

Ingredients (serves 2)

- 12 large Brussels sprouts (about 400 g)
- 2 tsp salt flakes
- 1 garlic clove, finely grated
- 2 cm piece of ginger, finely grated
- 2 tsp gochugaru (Korean chilli powder)
- 1 ½ tbsp fish sauce
- 1 ½ tbsp soy sauce

Method

Trim the base of each sprout so that the whole leaves peel away easily. Keep trimming the core as you peel to remove all the leaves intact. Place the leaves in a large bowl,

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add the salt, toss, and set aside for 30 minutes.

Rinse the salt from the sprout leaves and dry using paper towel or a salad spinner.

Mix the garlic, ginger, chilli powder, fish sauce and soy sauce in a large bowl.

Add the sprout leaves and toss to evenly coat. Set aside to marinate for 2 hours.

Place the leaves in the dehydrator on medium for about 12 hours to dry completely. Once dry, store the chips in an airtight container or glass jar for up to 3 months.

Recipe by Mark LaBrooy.

Try Mark's [raw veggie salad](#) with birdseed and pomegranate for another easy meal.

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