

Open and load food in seconds with the pull-out food press

WHY IS THE ZYLISS Spiraliser BETTER?...

- Unlike other spiralisers, NO FOOD GOES TO WASTE
- Designed to provide even pressure for long even *spirals with no breakage* and no wastage
- Reversible blade for **RIBBONS AND SPIRAL EFFECTS**
- UNIQUE EASY RELEASE mechanism, means no need to unwind screw thread after each use
- Non-slip grip for comfortable use
- Fully dismantles for easy cleaning and Dishwasher safe

RECIPE Nº4 MOROCCAN CARROT SALAD

SERVES 4, AS AN ACCOMPANIMENT

INGREDIENTS...

4 carrots (choose largish carrots which are of an even length rather than tapering) \checkmark

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2 tsp chopped fresh mint

2 tbsp chopped fresh coriander

Pomegranate seeds, to garnish

FOR THE DRESSING...

4 tbsp olive oil

1 tbsp pomegranate molasses

1 tsp harissa paste

- 1/2 tsp ground cumin
- Salt and freshly ground black pepper

METHOD...

- In a large bowl, whisk together the dressing ingredients.
- Peel the carrots and spiralize using the ribbon blade. Cut into shorter lengths and add to the bowl of dressing. Toss thoroughly until well coated. Leave for 30 minutes.
- Stir in the mint and coriander. Transfer to a serving dish and scatter with pomegranate seeds.

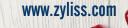
TIP Nº4

Create *noodles* with BEETROOT and add GOATS CHEESE and *sunflower seeds* for an <u>ACCOMPANIMENT</u> to SALADS.



TIP Nº5

VEGETABLES can be spiralised - in BULK and stored in the fridge for up to 3 DAYS - store them in a bowl of water to keep them CRISP and a Squeeze of LEMON to those which might turn brown.





HappyCooking

MY KITCHEN Conit do without...



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Recipes, HINTS AND TIPS

the SPIRALISER⁻⁻

Make **quick** courgetti or **create** superfood salads with the **Zyliss Spiraliser**, an easy way to add texture and colour to your cooking.

SPIRALS ...

Reversible blade creates both spaghetti spirals and ribbons

...RIBBONS

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TIP Nº1

Most VEGETABLES can be eaten RAW or cooked when spiralised < AUBERGINES may break up when cooked, but most will hold their shape.

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RECIPE Nº2 THAI CHICKEN SOUP WITH MOOLI NOODLES

SERVES 2

INGREDIENTS..

- 2 moolis (daikon radish)
- 1 carrot
- 1L good quality chicken stock
- 400 ml coconut milk
- 1 tbsp Thai red curry paste
- 1 tsp tamarind paste
- 1 tsp soft brown sugar
- Juice of 1 lime
- 2 tosp fish sauce 4 spring onions, thinly sliced
- 200g cooked, shredded chicken
- 1 pak choy, halved and thinly sliced 2 tbsp chopped fresh coriander

Add <u>spiralised</u> VEGETABLES to a soup to REPLACE PASTA ZING

METHOD...

- Peel the moolis and spiralize using the spaghetti blade.
- Peel the carrots and spiralize using the spaghetti blade. Cut into short lengths. Place in a large pan with the stock, coconut milk, Thai curry paste, tamarind paste, lime juice, fish sauce and spring onions. Bring to the boil and simmer gently for 5 minutes.
- Add the chicken, pak choy and the mooli noodles. Cook for 3-4 minutes until the chicken is heated through and the mooli noodles have softened slightly.
- Stir in the coriander and serve.

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RECIPE Nº3 { } } CARAMELISED ONION AND BEETROOT TARTS <

SERVES: MAKES 6 MINI TARTS Cooking/Prep 30 Minutes Plus 45-50Mins to set

INGREDIENTS...

300g shortcrust pastry

FOR THE CARAMELISED ONIONS

3 red onions, finely sliced

1 knob of butter

1 tosp olive oil

2 tbsp balsamic vinegar

2 tbsp brown sugar

FOR THE TOPPING..

2 large beetroot – cooked and peeled

400g goats cheese or mascarpone cheese \checkmark

TIP Nº3

Spiralise Potatoes and add PAPRIKA for *spicy* STRING FRIES



METHOD..

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- Preheat the oven to 180C/160C fan/gas 4.
- Roll the pastry until it is 3mm thick. Using a pastry cutter, cut out 6 x 8cm discs.
 Cover the cases with baking paper and fill with either baking beans or uncooked rice.
 Bake for 10 minutes, then remove the beans and paper and cook for a further 8 minutes.
- In a frying pan, add the onion, butter and olive oil, stirring until the onions have softened. Add the brown sugar and balsamic vinegar and continue to cook until the onions have caramelised.
- Divide the onion mixture between the pastry cases. Using the Zyliss spiraliser with the ribbon blade, cover each onion layer with ribbons of beetroot. Top this with some goats cheese or mascarpone cheese and bake it in the oven for 8-10 minutes until warmed through.

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