

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 N°4 **MOROCCAN CARROT SALAD**

SERVES 4, AS AN ACCOMPANIMENT

INGREDIENTS...

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

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 N°4

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



TIP N°5

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.

www.zyliss.com



HappyCooking

MY KITCHEN

can't do
without...

the
SPIRALISER

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.



Reversible blade creates both spaghetti spirals and ribbons



TIP N°1

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

RECIPE N°2

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 tbsp fish sauce ✓
- 4 spring onions, thinly sliced ✓
- 200g cooked, shredded chicken ✓
- 1 pak choy, halved and thinly sliced ✓
- 2 tbsp chopped fresh coriander ✓

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.

TIP N°2

Add *spiralised* VEGETABLES to a soup to REPLACE PASTA

RECIPE N°3

CARMELISED ONION AND BEETROOT TARTS

SERVES: MAKES 6 MINI TARTS
COOKING/PREP 30 MINUTES PLUS 45-50MINS TO SET

INGREDIENTS...

300g shortcrust pastry ✓

FOR THE CARMELISED ONIONS

3 red onions, finely sliced ✓

1 knob of butter ✓

1 tbsp 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 ✓

TIP N°3

Spiralise Potatoes and add PAPRIKA for *spicy* STRING FRIES

METHOD...

- 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.

