

SALTER[®]

SINCE 1760



ELECTRIC SPIRALIZER

LEARN TO COOK THE HEALTHY WAY

SALTER®

ELECTRIC SPIRALIZER

LEARN TO COOK THE HEALTHY WAY

*Spiralize salad and
vegetables effortlessly!*

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Please read all of the instructions carefully and retain for future reference.

Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of reach of children.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not use broken or loose cutting or rotating blades.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

Warning: Sharp blades; handle with care.

Getting Started

Remove the appliance from the box.

Remove the packaging from the appliance.

Place the packaging inside the box and either store or dispose of safely.

In the Box

Electric Spiralizer main unit

3 interchangeable blades: small noodle, large noodle and spiral ribbons

Food fork

Food tray

Cleaning brush

Instructional manual

Features

3 stainless steel blades to create thick or thin noodles and a twister for spiral ribbons

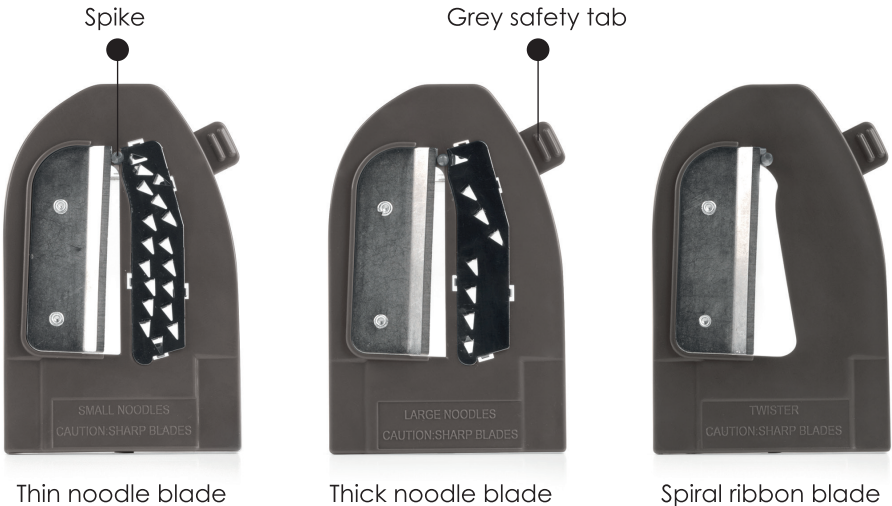
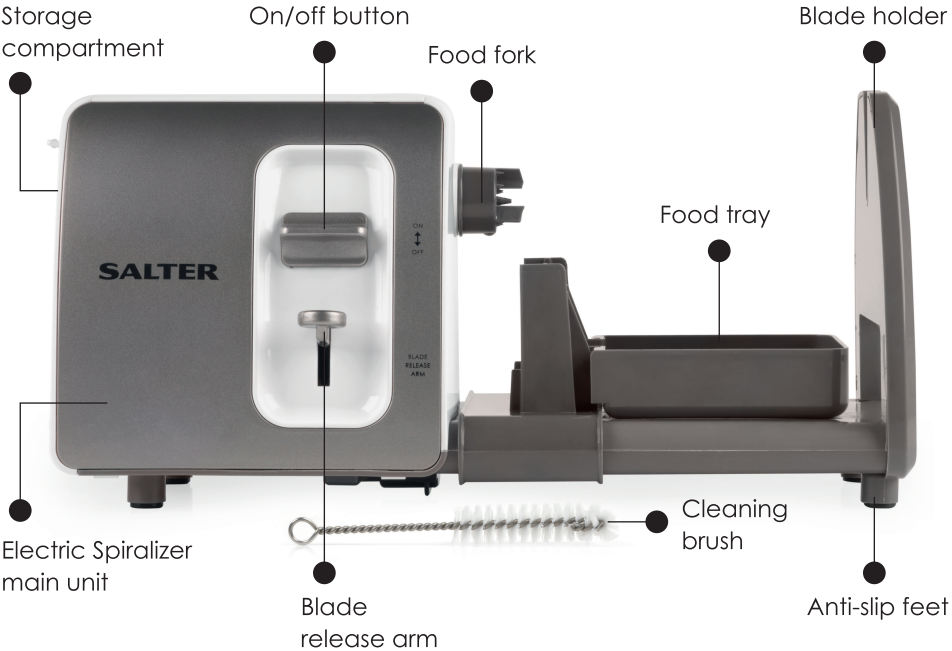
Blade and cord storage compartment

Simple to use and easy to clean

Anti-slip feet

Spiralizing helps to promote healthy eating

Description of Parts



Introduction

The Electric Spiralizer makes healthy eating the easy choice. This handy appliance makes light work of spiralizing fruit and vegetables, producing healthier versions of your family's favourite dishes. Simply choose from one of the three blade options to create fun alternatives to noodles, pasta and much more. Healthy recipes are included to help you get started!

Before First Use

STEP 1: Hand wash all of the accessories carefully in warm, soapy water. Rinse and dry thoroughly.

STEP 2: Wipe the Electric Spiralizer with a soft, damp cloth and allow to dry thoroughly. Do not immerse the Electric Spiralizer in water or any other liquid.

Note: When using the Electric Spiralizer first time, a slight odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the Electrical Spiralizer.

Using the Electric Spiralizer

STEP 1: Ensure that the Electric Spiralizer is switched off and unplugged from the mains power supply.

STEP 2: Place the Electric Spiralizer onto a flat and dry, stable surface, at a height that is comfortable for the user.

STEP 3: To attach the food tray to the back of the blade holder, press and hold down the blade release arm and ensure that the blade holder is as far forward as possible.

STEP 4: Press and hold down the blade release arm and move the blade holder as far back as possible.

STEP 5: Attach the food fork and turn it in a clockwise direction to lock it into position.

STEP 6: Top and tail the fruit or vegetable; a flat and level surface is required at both ends. Ensure that the fruit or vegetable does not exceed 10 cm in length.

STEP 7: Firmly push the fruit or vegetable onto the food fork using the flattest and widest end. Ensure that it is secure and positioned centrally.

STEP 8: Select and insert the blade required for use (see the section entitled 'Blade Usage'). With the spike on the blade facing forward, press down on the safety tab until the safety clip engages.

STEP 9: Press and hold down the blade release arm and move the blade towards the end of the food, until the spike holds it central and secure.

STEP 10: Plug in and switch on the Electric Spiralizer at the mains power supply.

STEP 11: Flick the on/off switch upward to the 'On' position. The food fork will begin to rotate and the blade will move towards it as the fruit or vegetable is spiralized.

STEP 12: Once spiralizing is complete, the food fork and blade will automatically stop moving.

STEP 13: Turn off the Electric Spiralizer by flicking the on/off switch downward to the 'Off' position.

STEP 14: Switch off and unplug the Electric Spiralizer from the mains power supply.

STEP 15: Lift away the food tray to remove it from the Electric Spiralizer and then empty the contents into a separate container ready for cooking. Replace the food tray.

STEP 16: Press and hold down the blade release arm and move the blade holder as far back as possible. To remove the blade from the safety mechanism, push forward the grey safety tab and use it to carefully lift out the blade.

Note: Wipe down the Electric Spiralizer in-between spiralizing each ingredient to remove any excess food and residue.

Caution: If the Electric Spiralizer is not turned off once spiralizing is complete, the food fork will begin to rotate again when attempting to move the food tray and blade holder back to its original position. If this happens, simply turn off the Electric Spiralizer and unplug it from the mains power supply.

Warning: Always use the safety tab when inserting, removing and handling the blades.

Blade Usage

The Electric Spiralizer is ideal for use with a range of fruit and vegetables including potato, courgette, aubergine, carrot, turnip, butternut squash, cucumber, onion and apple. The choice of blade will depend upon the outcome desired.

Thick Noodle Blade – This blade is ideal for creating thick noodles. Try using a carrot to create healthy and nutritious alternative to noodles.

Thin Noodle Blade – The blade with the smallest holes is ideal for creating thin noodles. Courgette can be used to make a delicious alternative to noodles.

Spiral Ribbon Blade – This blade is perfect for creating ribbons. Cucumber is ideal for creating the perfect garnish for dishes.

Care and Maintenance

STEP 1: Always ensure that the Electric Spiralizer is unplugged from the mains power supply before performing any cleaning or user maintenance.

STEP 2: Carefully remove the blade from the blade holder before cleaning (see step 16 of the section entitled 'Using the Electric Spiralizer').

STEP 3: Take care when cleaning the blades due to sharp edges. To remove food lodged in the blades, use a soft brush with warm, soapy water. Rinse and dry carefully.

STEP 4: Wipe the Electric Spiralizer main unit, blade holder and food tray with a soft, damp cloth and allow to dry thoroughly. Do not immerse the Electric Spiralizer in water or any other liquid. Never use harsh or abrasive cleaners or scourers. Rinse and dry thoroughly immediately after use.

Note: Certain foods such as carrot may stain the plastic. This has no effect on the functionality of the Electric Spiralizer. To remove stains, use a soft cloth to rub a small amount of vegetable oil into the affected area.
The Electric Spiralizer is not dishwasher suitable.

Warning: Handle blades with care as they are extremely sharp. Exercise caution when cleaning.

Storage

Ensure that the Electric Spiralizer is cool, clean and dry.
Never store the Electric Spiralizer whilst it is wet.
Reassemble the Electric Spiralizer before storing.
Store the blades carefully and safely. To prevent injury or damage, store the blades in the storage compartment.
Never wrap the cord tightly around the Electric Spiralizer; wrap it loosely to avoid causing damage.
Store in a cool, dry place.

Troubleshooting

| Symptom | Possible Cause | Solution |
|---|---|--------------------------------------|
| The Electric Spiralizer will not operate. | The Electric Spiralizer is not connected to the mains power supply. | Switch on at the mains power supply. |
| | Fuse may have blown. | Check the fuse by replacement. |

Specifications

Product code: EK2299
Input: 220–240 V~50/60 Hz
Output: 15 W



SALTER®

Let's **GO Healthy.**

SPIRALIZER

RECIPES

LEARN TO COOK THE HEALTHY WAY



Cabbage Burrito

Ingredients

4 medium eggs
4 rashers bacon
2 cabbage leaves
1 sweet potato (spiralized)
1 avocado
Seasoning, to taste

Method

STEP 1: Mash the avocado and season, to taste. Cover the centre of each cabbage leaf with half of the avocado mixture.

STEP 2: Fry the bacon in a non-stick fry pan. Remove from the fry pan and put to one side.

STEP 3: Spiralize the sweet potato and add it to the fry pan. Fry for approximately 5–8 minutes. Add half to each cabbage leaf, covering the avocado.

STEP 4: Add the eggs to the pan and scramble. Add half to each cabbage leaf, covering the sweet potato noodles. Finish off with 2 rashers of bacon in each cabbage leaf. Hold like a burrito and eat.

Beef and Courgette Lasagne

Ingredients

| | |
|---------------------------------|---------------------|
| 400 g minced beef | 1 garlic clove |
| 400 g chopped tomatoes | 175 ml beef stock |
| 115 g mushrooms, sliced | 15 ml olive oil |
| 25 g red lentils | 1 tbsp tomato puree |
| 4 large courgettes (spiralized) | 1 tsp dried herbs |
| 1 large onion (sliced) | |

For the cheese sauce topping

15 g cornflour
250 ml milk
3 tbsp freshly grated
Parmesan cheese
1 bay leaf
Seasoning, to taste

Method

STEP 1: Preheat the oven to 180 °C/350 °F/Gas Mark 4.

STEP 2: Rinse the lentils under cold running water. Place into a bowl, pour over the stock and leave to soak for approximately 10 minutes.

STEP 3: Heat the oil in a fry pan, add the onion and cook until softened. Add the mushrooms and garlic and cook until the onion begins to brown. Add to the lentils.

STEP 4: Using the same fry pan, cook the beef over a high heat, stirring until browned. Add in the tomatoes, tomato puree and herbs.

STEP 5: Pour the lentils and onions into the fry pan and bring to the boil. Reduce the heat and simmer for approximately 30 minutes, until the lentils are tender.

STEP 6: Spiralize the courgettes and boil for approximately 1½ minutes or steam for approximately 3 minutes. Drain.

STEP 7: Make a cheese sauce by mixing cornflour with 45 ml milk in a pan. Heat the remaining milk and bay leaf in the microwave and whisk into the pan. Bring to the boil, stir and simmer for approximately 1 minute. Remove bay leaf and season, to taste.

STEP 8: Use an ovenproof dish to layer the mince beef, courgette noodles and finally the cheese sauce. Sprinkle parmesan cheese and bake for approximately 30 minutes until browned.



Chorizo and Avocado Courgette Frittata

Ingredients

| | |
|----------------------------------|---------------------|
| 9 egg whites | 1 avocado (cubed) |
| 3 medium eggs | 1 garlic clove |
| 2 medium courgettes (spiralized) | Cooking spray |
| 2 chorizo sausages (sliced) | Seasoning, to taste |

Method

STEP 1: Preheat the oven to 190 °C/375 °F/Gas Mark 5.

STEP 2: Fry the chorizo, avocado and garlic in a fry pan coated with cooking spray for approximately 5 minutes. Spiralize the courgettes. Add to the fry pan and stir.

STEP 3: Lightly beat the egg whites and the eggs together. Add to the fry pan, season to taste and cook for approximately 2 minutes.

STEP 4: Place the fry pan into the oven and cook for a further 15 minutes. Check that the fry pan is oven suitable first.

STEP 5: Cut the frittata into 4 or 8 pieces and serve.

Frittata with Spiralized Salsa

Ingredients

| | | |
|-------------------------------|-------------------------------|------------------------|
| 225 g plum tomatoes | 1 medium sweet | 2 tbsp olive oil |
| 75 g creamy goat's cheese | potato (spiralized) | 2 tsp balsamic vinegar |
| 8 eggs | 1 garlic clove | Seasoning, to taste |
| 2 medium red onions (sliced) | ½ large cucumber (spiralized) | |
| 2 medium turnips (spiralized) | 3 tbsp mixed herbs | |

Method

STEP 1: Preheat the oven to 180 °C/350 °C/Gas Mark 4.

STEP 2: Add the olive oil and vinegar into a medium bowl and whisk. Season to taste. Add 1 sliced onion and mix well. Allow to soften for approximately 20 minutes.

STEP 3: Spiralize the cucumber and cut into 2.5 cm length noodles. Place the noodles into a strainer, season to taste and allow to drain.

STEP 4: Spiralize the turnips and the sweet potatoes. Cut into shorter length noodles.

STEP 5: Fry 1 sliced onion in a large non-stick fry pan for approximately 5 minutes. Add the turnip noodles, sweet potato noodles and garlic and fry for a further 4–5 minutes.

STEP 6: Lightly beat the eggs and stir in the herbs. Pour into the fry pan and cook for approximately 2 minutes on a low heat. Add the goat's cheese to the top and cook for a further 2 minutes. Cook in the oven for approximately 15–20 minutes.

STEP 7: Place the plum tomatoes into a heatproof bowl and cover with boiling water. Allow the skins to split and then peel off the skins, deseed and dice. Rinse the cucumber noodles and pat dry. Add the tomatoes and cucumber noodles to the onion and dressing mixture and stir.

STEP 8: Cut the frittata into wedges and serve with the cucumber and tomato salsa.

Beetroot Pasta

Ingredients

For the vinaigrette

60 ml fresh
orange juice
¼ large lemon
(squeezed)
1 tbsp olive oil

1 tbsp water
2 tsp vinegar
1 tsp mustard
Seasoning, to taste

For the salad

75 g kale leaves
50 g walnuts
2 medium beetroots
(spiralized)
1 large orange

Honey
Olive oil
Cooking spray
Seasoning, to taste

Method

STEP 1: Preheat the oven to 190 °C/375 °C/Gas Mark 5.

STEP 2: Create the vinaigrette by whisking all of the ingredients together in a large bowl, then refrigerate.

STEP 3: Prepare the salad. Spiralize the beetroots, place on a baking tray and drizzle with olive oil. Season, to taste. Cook for approximately 15 minutes.

STEP 4: Place the orange segments and the kale leaves onto a separate baking tray coating in cooking spray. Season, to taste. Cook for approximately 10–12 minutes, remove the kale and replace with the walnuts. Drizzle the walnuts with honey and cook for a further 5 minutes.

STEP 5: Combine the beetroot noodles, orange segments, kale leaves and walnuts into a large bowl and cover with the vinaigrette. Serve.

Pesto and Cherry Tomato Spaghetti

Ingredients

125 g cherry tomatoes
100 g basil leaves
60 ml olive oil
2 medium courgettes (spiralized)
1 large garlic clove

3 tbsp grated Parmesan cheese
3 tbsp pine nuts
½ tsp sea salt
¼ tsp black pepper

Method

STEP 1: Make the pesto. Place all of the ingredients apart from the courgettes and cherry tomatoes into a food processor and pulse until creamy.

STEP 2: Spiralize the courgettes. Place the noodles into a large bowl with the cherry tomatoes and cover with the pesto. Toss and serve.



Courgette Noodles in Avocado Sauce

Ingredients

4 large courgettes (spiralized)
2 medium ripe avocados (diced)
2 tbsp olive oil
1 tbsp lemon juice
1 tbsp water
Seasoning, to taste

Method

STEP 1: Spiralize the courgettes.

STEP 2: Place the diced avocados into a food processor with 1 tbsp of the olive oil, the lemon juice and the water. Season, to taste. Pulse until creamy. For a sharper taste, add more lemon juice.

STEP 3: Fry the courgette noodles in a non-stick fry pan for approximately 2–4 minutes. Remove from heat.

STEP 4: Combine the noodles and the avocado sauce in a large bowl and stir. Serve.

Courgette Noodles in Arrabbiata Sauce

Ingredients

| | |
|---------------------------------|--------------------|
| 400 g chopped tomatoes | 1 tsp fennel seeds |
| 120 ml red wine | Seasoning |
| 4 large courgettes (spiralized) | |
| 2 garlic cloves | |
| 1 bay leaf | |
| 3 tbsp chilli oil | |

Method

STEP 1: Make the sauce. Add 2 tbsp of the chilli oil, the garlic and the fennel seeds to a pan and cook for approximately 1–2 minutes. Add the chopped tomatoes, red wine and bay leaf to the pan, stir and bring to the boil. Simmer uncovered for approximately 15–20 minutes. Season, to taste.

STEP 2: Spiralize the courgettes. Add 1 tbsp of the chilli oil and the courgette noodles to a large non-stick fry pan and cook for approximately 3–4 minutes.

STEP 3: Combine the noodles and the sauce and fry for a further minute. Transfer to small pasta bowls to serve.

Courgette Manicotti

Ingredients

For the sauce

400 g chopped tomatoes
60 g red onion
5 basil leaves
1 large garlic clove
½ tbsp olive oil
Crushed, dried chillies, to taste
Seasoning, to taste

For the filling

200 g ricotta cheese
170 g baby spinach
30 g mozzarella cheese
20 g Parmesan cheese
1 small egg
2 tbsp shredded mozzarella cheese
Cooking spray
Seasoning, to taste
2 courgettes (spiralized)

Method

STEP 1: Preheat the oven to 190 °C/375 °C/Gas Mark 5.

STEP 2: Prepare the sauce. Fry the garlic, crushed, dried chillies and onion in a non-stick pan for approximately 2–3 minutes. Add the tomatoes, season, to taste and stir. Bring to the boil and then lower to a simmer. Add the basil after approximately 5 minutes and continue to simmer the sauce for a further 5 minutes.

STEP 3: Make the filling. In a large bowl, combine all four cheeses with the egg. Season, to taste.

STEP 4: Fry the spinach in a non-stick fry pan for approximately 2 minutes. Remove from the heat and stir into the cheese mixture.

STEP 5: Construct the manicotti. Spread half of the sauce evenly on the bottom of the fry pan. Spiralize the courgette and add on top of the sauce. Cover the courgette noodles with the other half of the sauce. Making two holes in the mixture, add the cheese filling. Finish with a sprinkle of mozzarella on top and season, to taste. Cover the pan with aluminium foil and cook in the preheated oven for approximately 20–25 minutes. Serve hot.

Butternut Squash and Broccoli Noodles

Ingredients

600 g butternut squash (spiralized)
115 g Gorgonzola cheese
50 g pine nuts
15 g butter
75 ml milk
45 ml mascarpone
2 broccoli stems (spiralized)
1 tsp fresh sage
Seasoning, to taste

Method

STEP 1: Spiralize the butternut squash and spiralize the broccoli stems.

STEP 2: Bring a large pan of water to the boil. Add a pinch of salt to stop the noodles from sticking together.

STEP 3: Fry the pine nuts in a non-stick pan for approximately 3–4 minutes or until golden. Transfer to a cold plate.

STEP 4: Melt the butter in a large fry pan. Add the sage, stir and turn down to a low heat. Add the mascarpone and Gorgonzola to the pan and mix. Add the milk and stir when the cheese starts to melt. Season, to taste. Continue to blend until creamy and do not allow the sauce to boil.

STEP 5: Add the pine nuts, the courgette noodles and the broccoli noodles to the pan and stir. Transfer to small pasta bowls to serve.



Couscous with Swede

Ingredients

200 g couscous
50 g baby spinach leaves
400 ml cold vegetable stock
1 large swede (spiralized)
1 sprig fresh thyme
2 tbsp balsamic vinegar

2 tbsp olive oil
1 tbsp agave nectar
Seasoning, to taste

Method

STEP 1: Preheat the oven to 180 °C/350 °C/Gas Mark 4.

STEP 2: Spiralize the swede and place in a non-stick roasting pan.

STEP 3: Add the vinegar, 1 tbsp olive oil and agave nectar into a small bowl and whisk. Season, to taste. Pour over the swede noodles, ensuring that the noodles are fully covered. Cook for approximately 15–20 minutes, turning once or twice throughout.

STEP 4: Fry the couscous in 1 tbsp olive oil for approximately 2 minutes. Add the stock and thyme and bring to boil. Cover and simmer for approximately 12 minutes.

STEP 5: Remove the thyme and discard. Add the spinach to the couscous and cook for a further 3–4 minutes.

STEP 6: Combine the couscous and spinach with the swede noodles and season, to taste.

Caprese Salad

Ingredients

300 g cherry tomatoes (halved)
15 g fresh basil leaves
12 small mozzarella balls
2 medium courgettes (spiralized)

For the marinade

1 medium garlic clove
3 tbsp balsamic vinegar
2 tbsp olive oil
1 tbsp lemon juice
Seasoning, to taste

Method

STEP 1: Spiralize the courgettes and place into a large bowl with the tomatoes.

STEP 2: Create the marinade by blending the ingredients in a food processor until smooth.

STEP 3: Pour the marinade into the large bowl and stir. Allow to marinate for approximately 10 minutes in the fridge.

STEP 4: Add the mozzarella and basil, season, to taste, toss and serve.

Avocado and Chicken Mason Jar Salad

Ingredients

225 g boneless chicken (diced)
85 g black olives (pitted)
3 medium courgettes (spiralized)
2 sweetcorns
½ large pepper (sliced)
1 tbsp olive oil
Seasoning, to taste

For the dressing

1 medium garlic glove
1 avocado (cubed)
3 tbsp olive oil
2–3 tbsp chopped coriander
2 tbsp lime juice
Seasoning, to taste

Method

STEP 1: Fry the chicken in a large non-stick pan for approximately 6–8 minutes, seasoning to taste.

STEP 2: Boil a pan of water and add the sweetcorn. Season, to taste. Cook for approximately 2–3 minutes and drain. Wait for the sweetcorn to cool slightly and then slice off the kernels.

STEP 3: Create the dressing by blending the ingredients in a food processor until creamy. Add one tbsp at a time of room-temperature water to the mixture until the desired consistency is reached.

STEP 4: Pour one quarter of the dressing into the base of four mason jars. Add a serving of chicken to each of the four jars and then add a serving of peppers, olives and sweetcorn kernels. Spiralize the courgettes and finish each jar with a sprinkle of noodles. If refrigerated, use within 1 day. If served at room temperature, use within 3 hours.

Green Apple, Kiwi and Sweetcorn Salad

Ingredients

3 kiwis
1 medium green apple
(spiralized)
1 large sweetcorn
1 round lettuce (sliced)

For the dressing

2 tbsp honey
2 tbsp balsamic vinegar
1 tbsp water
1 tbsp olive oil
1 tbsp fresh mint (chopped)
2 tsp lime juice
Seasoning, to taste

Method

STEP 1: Boil a pan of water and add the sweetcorn. Season, to taste. Cook for approximately 2–3 minutes and drain. Wait for the sweetcorn to cool slightly and then slice off the kernels.

STEP 2: Create the dressing by whisking the ingredients together in a large bowl.

STEP 3: Peel and spiralize the apple. Add the sweetcorn kernels, apple, kiwi and lettuce to the bowl and toss with dressing.



Courgette Pasta Salad

Ingredients

85 g salami
60 g provolone cheese (cubed)
40 g black olives (pitted)
6 cherry tomatoes (halved)
3 tinned artichokes
2 medium courgettes (spiralized)
½ small red onion (sliced)

For the dressing

60 ml lemon juice
3 tbsp red wine vinegar
2 tbsp olive oil
½ tsp dried oregano
½ tsp dried parsley
½ tsp dried basil
¼ tsp crushed dried chillies
Seasoning, to taste

Method

STEP 1: Prepare the salad. Cut the courgettes in half and spiralize. Combine the courgette noodles with the rest of the ingredients in a large bowl.

STEP 2: Create the dressing by whisking the ingredients together in a small bowl.

STEP 3: Combine the two bowls and toss. Allow the courgettes to soften in the fridge for approximately 15 minutes. Season, to taste and serve chilled.

Cheese, Onion and Potato Bake

Ingredients

| | |
|-------------------------------|----------------------|
| 225 g rolled oats | 3 tbsp fresh parsley |
| 150 g grated cheddar | 1 tbsp sunflower oil |
| 2 medium potatoes (spiralize) | 1 tsp yeast extract |
| 2 medium onions (sliced) | Seasoning, to taste |
| 2 eggs | |
| 1 garlic clove | |

Method

STEP 1: Preheat the oven to 180 °C/350 °C/Gas Mark 4.

STEP 2: Place the oats onto a baking tray and bake for approximately 10 minutes. Line a cake tin with baking parchment.

STEP 3: Spiralize the potatoes. Add half of the potato noodles to the cake tin and press down well. Cut the other half into 10 cm length noodles.

STEP 4: Fry the onions in a large pan for approximately 5–6 minutes, stirring frequently. Add the 10 cm length potato noodles and the garlic to the pan. Cook for a further 2 minutes and remove from heat. Add the yeast extract and mix well.

STEP 5: Lightly beat the eggs. Combine the oats, the onion mixture, cheese, parsley and eggs in a large bowl and mix well. Season, to taste. Pour into the cake tin, covering the potato noodles. Cover with foil.

STEP 6: Place the tin in the preheated oven and cook for approximately 30 minutes. Cut into wedges and serve hot.

Cucumber and Avocado Salsa

Ingredients

| | |
|----------------------------------|---------------------|
| 30 g red onion | 1 tsp honey |
| 1 large cucumber (spiralized) | Seasoning, to taste |
| 1 ripe avocado (diced) | |
| 1 small jalapeño pepper (sliced) | |
| 1 lime | |
| 1 tbsp chopped coriander | |

Method

STEP 1: Cut the cucumber in half and spiralize.

STEP 2: Combine the cucumber noodles, avocado, coriander, jalapeño and red onion together in a large bowl. Squeeze the lime into a small bowl and mix with the honey to create a dressing. Season, to taste.

STEP 3: Cover the salsa with the dressing and toss.

Blueberry Sweet Potato Waffles

(a waffle maker will be required for this recipe)

Ingredients

60 g fresh blueberries
1 medium sweet potato (spiralized)
1 medium egg
1 tsp ground cinnamon
½ tsp vanilla extract
Cooking spray
Honey, to taste

Method

STEP 1: Preheat the waffle maker.

STEP 2: Spiralize the sweet potato and place into a bowl. Mix in the cinnamon. Add to a pan coated with cooking spray and cover. Fry for approximately 5–7 minutes.

STEP 3: Take the pan off the heat and pour contents into a large bowl. Add the egg, vanilla extract and blueberries and then stir.

STEP 4: Coat the waffle maker with cooking spray and add half of the mixture. Cook the waffle as per the waffle maker's instruction manual. Remove the waffle, move to a plate and add honey, to taste. Repeat until all of the mixture has been used.



Sweet Potato Stacks

Ingredients

| | |
|--------------------------------------|----------------------------------|
| 225 g mozzarella cheese | ½ red onion (sliced) |
| 100 g green olives (pitted) | 6 tbsp marinara sauce |
| 40 g baby rocket | 3½ tbsp olive oil |
| 2 medium sweet potatoes (spiralized) | 2 tbsp grated Parmesan cheese |
| 2 medium eggs | Cooking spray |
| 1 large garlic clove | Crushed dried chillies, to taste |
| | Seasoning, to taste |

Method

STEP 1: Preheat the oven to 230 °C/450 °F/Gas Mark 8.

STEP 2: Spiralize the sweet potatoes and fry in a non-stick fry pan for approximately 5–7 minutes. Season to taste.

STEP 3: Allow the noodles to cool slightly. Add to a medium bowl with the eggs and stir. Half fill 10 ramekins with the noodles and cover each with aluminium foil. Push the foil down to compress the noodles and refrigerate for approximately 15 minutes to set.

STEP 4: Fry the red onion, garlic and crushed dried chillies in a non-stick fry pan for approximately 3–4 minutes.

STEP 5: Remove the compressed sweet potato stacks from the ramekins and add 2 to a separate non-stick fry pan. Fry for approximately 3 minutes, flip and cook for a further 3 minutes. Repeat for the remaining 8 stacks.

STEP 6: Line a baking tray with foil and place each sweet potato stack separately onto the tray. Layer the marinara sauce and mozzarella on top of each stack. Season, to taste. Cook in the preheated oven for approximately 5 minutes.

STEP 7: Remove the sweet potato stacks from the oven and top with fried red onion, garlic, crushed dried chillies, rocket, olives, and Parmesan cheese.

Knotted Peaches

Ingredients

| |
|---------------------------------|
| 50 g Roquefort cheese |
| 16 slices of prosciutto |
| 2 ripe peaches |
| 2 large courgettes (spiralized) |
| Cooking spray |
| Seasoning, to taste |

Method

STEP 1: Slice both peaches into 8 pieces and discard of the stones. Spiralize the courgettes and cut into 16 pieces of 15 cm length. Store any remaining noodles in an airtight container in the fridge for future use.

STEP 2: Fry the noodles in a non-stick fry pan for approximately 2 minutes to soften. Remove from heat.

STEP 3: Add the peaches to a griddle pan coating with cooking spray and sear for approximately 1 minute on each side.

STEP 4: Roll each peach slice in a slice of prosciutto with 1 tsp of Roquefort cheese. Secure with a cocktail stick. Repeat 15 times.

STEP 5: Tie each courgette noodle into a knot around each wrapped peach. Season, to taste and serve.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes:

[illegible]

Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

FOR UK USE ONLY - Plug fitting details
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked **N** or coloured **BLACK**.

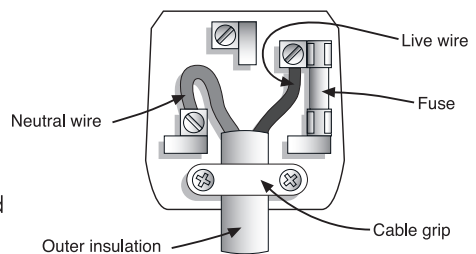
The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal (\perp).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt, consult a qualified electrician who will be pleased to do this for you.



Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

**UP Global Sourcing,
Victoria Street, Manchester OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

Nothing in this guarantee or in the instructions relating to this products excludes, restricts or otherwise affects your statutory rights.

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.



The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.

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