

# **SALTER<sup>®</sup>**

SINCE 1760



## **ELECTRIC SPIRALIZER**

LEARN TO COOK THE HEALTHY WAY



# SALTER®

## ELECTRIC SPIRALIZER

LEARN TO COOK THE HEALTHY WAY

*Simple to use  
and easy to clean!*

### CONTENTS

### PAGE

Safety Instructions	4–5
Getting Started	6
In the Box	6
Features	6
Description of Parts	7
Introduction	8
Instructions for Use	8
Before First Use	8
Using the Electric Spiralizer	8–9
Blade Usage	10
Care and Maintenance	10
Storage	10
Troubleshooting	11
Specifications	11
Notes	12
Recipes	13–28
Wiring Page	29
Guarantee	30

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

3 cone cutter blades: thin noodle, tagliatelle and ribbon

Transparent removable container

Transparent chute

Plunger

Cleaning brush

Instruction manual

## Features

3 Stainless steel blades to create fruit and vegetable ribbons, thin noodles and tagliatelle

Versatile cooking – create healthy alternatives to noodles, pasta and much more

Simple to use and easy to clean

Compact for trouble-free storage

Spiralizing helps to promote healthy eating

Description of Parts



## Introduction

The Electric Spiralizer makes healthy eating an easy choice. This handy kitchen 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 cone blades to create fun alternatives to noodles, pasta and much more. Healthy recipes are included to help you get started!

## Instructions for Use

### Before First Use

**STEP 1:** Carefully hand-wash all of the accessories 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 Electric 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:** Select the desired cone cutter blade (see blade usage section) and place it into the cone cutter blade holder with the pointed end facing downwards, ensuring that the cog teeth are fully engaged.

**STEP 4:** Attach the transparent chute by fitting the locking tabs onto the Electric Spiralizer and twisting the transparent chute in a clockwise direction to lock it into position. The transparent chute must be locked into place for the Electric Spiralizer to work.

**STEP 5:** Fit the transparent removable container into position on the base of the Electric Spiralizer.

**STEP 6:** Remove the top and tail from the selected fruit or vegetable.

**STEP 7:** Insert the fork on the end of the plunger into the widest end of the fruit or vegetable. Ensure that the fork is centrally placed and securely inserted into the fruit or vegetable.

**STEP 8:** Place the selected fruit or vegetable into the transparent chute, ensuring that it is positioned centrally into the bottom of the cone cutter blade.

**STEP 9:** Plug in and switch on the Electric Spiralizer at the mains power supply.

**STEP 10:** Keep the fruit or vegetable steady by holding onto the top end of the plunger. Whilst holding the top end of the plunger, press the on/off button to switch on the Electric Spiralizer.

**STEP 11:** The chosen cone cutter blade will begin to spin and the fruit or vegetable that has been placed into the transparent chute will begin to spiralize. Keep hold of the top end of the plunger as the fruit or vegetable begins to descend into the transparent chute. Do not allow any sideways movement and apply slight but steady downwards pressure onto the plunger. Do not use too much pressure or force as this may cause damage.

**STEP 12:** Once the fruit or vegetable has been fully spiralized, the plunger will be unable to descend into the transparent chute any further. Turn off the Electric Spiralizer and remove the plunger, discarding of any waste food attached to the fork.

**STEP 13:** Switch off and unplug the Electric Spiralizer from the mains power supply.

**STEP 14:** Remove the transparent removable container and then take out the spiralized fruit or vegetable.

**STEP 15:** Turn the transparent chute in an anticlockwise direction and lift it off the Electric Spiralizer to remove it.

**STEP 16:** Remove the cone cutter blade from the cone cutter blade holder by pushing the cone cutter blade up slightly from below with one hand and using the other hand to lift it out. Ensure to grip the cone cutter blade using the teeth on the outer cog.

**Note:** Failure to lock the transparent chute into position will prevent the Electric Spiralizer from working. This is a safety feature.

**Caution:** When handling and removing the cone cutter blade, take care and do not allow hands to get too close to the blades. Sharp blades; take care when handling and removing the blade cone.

**Warning:** Ensure that the fruit or vegetable to be spiralized does not exceed 50 mm in diameter.

Do not spiralize for long periods of time. Maximum operation time is 30 seconds; allow the Electric Spiralizer to cool for 1 minute before using it again.

Do not use the Electric Spiralizer with no fruit or vegetable in the transparent chute as this could cause damage.

Do not operate the Electric Spiralizer if the transparent chute or blades are cracked or broken.

## Blade Usage

The Spiralizer is ideal for use with a wide range of fruit and vegetables including potato, courgette, aubergine, carrot, turnip, butternut squash, cucumber and apple. Blade usage will depend upon the outcome desired:

**Tagliatelle** - The blade with the largest holes is ideal for creating tagliatelle noodles. Try using a courgette to create healthy and nutritious courgette tagliatelle.

**Thin noodle** - The blade with the smallest holes is ideal for creating thin noodles. Courgette can be used to make a delicious alternative to noodles or spaghetti.

**Ribbon** - The straight blade is great for creating ribbons. Use cucumber to create ribbons that are perfect for garnishing dishes.

**Note:** If using vegetables such as carrot, always select the largest size fruit or vegetable for the best results.

## 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:** Take care when cleaning the blades due to sharp edges. To remove food lodged in the blades, use the cleaning brush and dry carefully. Use the cleaning brush provided to clean around the hard to reach parts of the blade.

**STEP 3:** Wash all of the accessories in warm, soapy water with a mild detergent.

**STEP 4:** Wipe the Electric Spiralizer with a soft, damp cloth and allow to dry thoroughly. Never use harsh or abrasive cleaners or scourers. Rinse and dry thoroughly immediately after use.

Do not immerse the Electric Spiralizer in water or any other liquid.

**Note:** The Electric Spiralizer is not dishwasher suitable.

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.

**Warning:** Handle the blade cones with care, as the blades 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.

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.	Plug in and switch on at the mains power supply.
	The transparent chute may not be locked into position.	Ensure that the transparent chute is securely locked into position, following the instructions in the section entitled 'Assembling the Electric Spiralizer'.
	The fuse may have blown.	Check the fuse by replacement.
The Electric Spiralizer is emitting a grinding sound when spiralizing.	Too much pressure is being used on the plunger.	Ease the pressure being applied to the plunger.

## Specifications

Product code: EK2326

Operating voltage: 220–240 V ~ 50/60 Hz

Power: 80 W



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.



**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.

## 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)**

**Green/Yellow Earth ( $\perp$ )**

**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**.

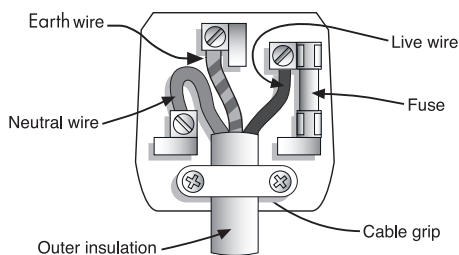
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked  $\perp$ .

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](mailto: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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