

SALTER[®]

SINCE 1760



Create
coarse, fine
and ribbon
fruit and veg.
The delicious
way to get
5-a-day!

Spiralizer

The fruit and vegetable slicer

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

Safety Instructions

Warning: Sharp blades; handle with care.
Keep out of reach of children.

Before First Use

Hand-wash carefully in warm, soapy water. Rinse and dry thoroughly.

Description of Parts



Inserting the Blade

STEP 1: Place the Spiralizer upright on a flat, stable surface.

STEP 2: Remove the lid from the Spiralizer by twisting it anticlockwise until it unlocks.

STEP 3: Remove the blade disc from within the Spiralizer by twisting the blade disc in an anti-clockwise direction and carefully lifting it out.

STEP 4: Select the desired blade from the three blades available. The straight blade is non-removeable and fixed into place on the blade disc.

STEP 5: The thick and thin noodle blades are interchangeable. To use one of the interchangeable noodle blades, insert the desired blade into the empty slot on the blade disc.

STEP 6: Lock the blade disc back into position by twisting it in a clockwise direction.

Note: The Spiralizer comes fitted with a safety blade inserted into the blade disc. Before inserting one of the interchangeable noodle blades, remove the safety blade.

Using the Spiralizer

STEP 1: Secure the selected fruit or vegetable onto the base pin on the green disc, ensuring that it is positioned centrally.

STEP 2: Place the lid on top of the Spiralizer and twist it in a clockwise direction to lock it into position.

STEP 3: To spiralize the fruit or vegetable, slowly turn the handle of the Spiralizer in a clockwise direction. The spiralized food will be collected in the storage container.

Blade Usage

The Spiralizer is ideal for use with a wide range of fruit and vegetables; foods that work best in the Spiralizer include courgettes, cucumbers and potatoes.

Blade usage will depend upon the outcome desired:



Thick noodles - The blade with the largest teeth is ideal for creating thick noodles. Try using a sweet potato to create healthy and nutritious sweet potato tagliatelle.



Thin noodles - The blade with the smallest teeth is ideal for creating thin noodles. Try using an onion to create healthy and crunchy onions for salads and garnishing dishes.



Ribbons - The straight blade is great for creating ribbons. Use courgette to create healthy and nutritious courgette ribbons.

Note: Small vegetables, or vegetables that vary in size such as carrots, may be difficult to spiralize. For the best results, some fruits or vegetables, such as potatoes, may need to be cut down to size.

Cleaning the Spiralizer

Carefully remove the blade from the blade holder before cleaning.

The Spiralizer is not dishwasher suitable. Clean the Spiralizer and its blades in warm, soapy water with a mild detergent and a soft cloth; do not use harsh or abrasive cleaners or scourers. Rinse and dry thoroughly immediately after use.

To remove food lodged in the blades, use a soft brush with warm, soapy water.

Certain foods, such as carrot, may stain the plastic. This has no effect on the functionality of the Spiralizer. To remove stains, use a soft cloth to rub a small amount of vegetable oil into the affected area.

Storage

Do not store wet; store in a clean, dry place.

Store the blades carefully and safely. To prevent injury or damage, store the blades in the Spiralizer.

Caution: The blades are extremely sharp; exercise caution at all times. Never touch the blades.

Please retain this information for future reference.

If this product proves unsatisfactory or if you have any further queries, please contact your retailer.

Mediterranean Quinoa Salad

Ingredients

175 g cherry tomatoes
170 g quinoa
115 g feta cheese
20 g fresh, flat leaf parsley
240 ml water
2 carrots (spiralize)
1 cucumber (spiralize)
1 shallot
1 garlic clove
5 tbsp extra virgin olive oil
Juice of 1 lemon
Zest of 1 lemon
Seasoning, to taste

Method

STEP 1: Heat 1 tbsp olive oil in a large saucepan, over a moderate heat setting. Add the quinoa and cook for approximately 2 minutes, stirring constantly, until lightly toasted. Pour in the water and then bring to a boil. Reduce the heat setting to low, cover the saucepan and then cook for approximately 15 minutes. Once the quinoa is cooked, transfer it into a bowl, fluff it with a fork and then allow it to cool.

STEP 2: In a small bowl, combine the lemon juice, lemon zest, garlic and shallot, as well as the remaining 4 tbsp olive oil and season to taste. Whisk together the ingredients to create a dressing and then set aside.

STEP 3: Spiralize the carrots and cucumber using the ribbon blade, stopping to cut the ribbons every 3–4 rotations.

STEP 4: Transfer the spiralized carrot and cucumber into a bowl, along with the quinoa, cherry tomatoes, parsley, feta cheese and dressing, then toss to combine.

Breakfast Burritos

Ingredients

115 g grated cheddar cheese
8 large eggs
4 flour tortillas
2 Roma tomatoes (diced)
1 large potato (spiralized)
1 avocado (diced)
1 red pepper (spiralized)
1 small onion (spiralized)
4 tbsp olive oil
Hot chilli sauce (optional)
Seasoning, to taste

Method

STEP 1: Using the ribbon blade, spiralize the pepper and onion, stopping to cut the noodles every 3–4 rotations. Transfer the ribbons into a bowl and set aside.

STEP 2: Spiralize the potato using the thick noodle blade and place into a separate bowl, then rinse with cold water and drain.

STEP 3: Heat 1 tbsp olive oil in a large, non-stick fry pan, over a moderate–high heat setting. Add the pepper and onion, season to taste and then cook for approximately 8 minutes. Stir occasionally, until softened. Return to the bowl.

STEP 4: In the same fry pan, heat 2 tbsp olive oil. Add the potato, season and then cook for approximately 10 minutes, stirring occasionally, until golden brown and tender. Transfer into a clean bowl.

STEP 5: Using a separate bowl, whisk the eggs and season to taste. Heat the remaining 1 tbsp olive oil in the same fry pan, add the eggs and cook for approximately 1 minute, stirring occasionally, until curds start to form. Add the cheese and cook for a further minute, stirring frequently, until all of the cheese has melted and the eggs are scrambled.

STEP 6: Put $\frac{1}{4}$ of the scrambled eggs across the bottom $\frac{1}{3}$ of each tortilla and then divide the onion mixture, potato, Roma tomatoes and avocado on top. Pour over hot chilli sauce, if required and then fold in the sides and roll each tortilla tightly around the filling to serve.

Halibut and Summer Vegetable Packets

Ingredients

350 g cherry tomatoes
35 g toasted pine nuts
4 halibut fillets
2 courgettes (spiralized)
1 lemon (sliced)
Juice of 1 lemon
Small handful fresh basil, to garnish
Olive oil, for drizzling
Seasoning, to taste

Method

STEP 1: Preheat the oven to 200 °C/400 °F/Gas Mark 6.

STEP 2: Using the thin noodle blade, spiralize the courgettes, stopping to cut the noodles every 3–4 rotations.

STEP 3: In a bowl, mix the courgettes, cherry tomatoes, lemon juice and season to taste.

STEP 4: Season both sides of each halibut fillet, to taste.

STEP 5: Cut 4 sheets of baking paper, measuring approximately 30 x 40 cm and lay them on a work surface. Bringing the shorter sides together, fold each sheet in half, crease and then open flat.

STEP 6: For each packet, add ¼ courgette mixture onto one side of the crease and top it with a halibut fillet. Add a few lemon slices and ¼ pine nuts on top of the fish and lightly drizzle with olive oil.

STEP 7: Fold the uncovered side of the baking paper over the halibut and then beginning at one end of the crease, fold the edges together to form a sealed packet.

STEP 8: Roast the packets for approximately 10–12 minutes, until the halibut is thoroughly cooked. Carefully open the packets, garnish with the basil and serve warm.

Baked Eggs with Courgette

Ingredients

800 g whole peeled tomatoes with juices
4 large eggs
2 courgettes (spiralized)
1 onion (spiralized)
1 tbsp fresh thyme
1 tbsp sherry vinegar
1 tbsp olive oil
1 tsp cayenne pepper
1 tsp sweet paprika
Feta cheese (optional)
Pinch of fresh, flat leaf parsley
Seasoning, to taste

Method

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

STEP 2: Using the thin noodle blade, spiralize the onion and courgettes, stopping to cut the noodles every 3–4 rotations.

STEP 3: Heat the olive oil in a large fry pan, over a moderate heat. Add the onion and courgette noodles, season to taste. Cook for approximately 5 minutes, stirring occasionally, until softened.

STEP 4: Stir in the cayenne pepper, paprika, thyme and sherry vinegar and cook for approximately 2 minutes.

STEP 5: Reduce the heat to a low-medium setting, add the tomatoes with their juices and then cook for approximately 10 minutes, to reduce slightly.

STEP 6: Transfer the tomato sauce into a large ovenproof dish and then crack the eggs into it, ensuring that they are evenly spaced.

STEP 7: Separate the eggs, taking care not to break the yolks. Using a spoon, gently incorporate the egg whites into the tomato sauce.

STEP 8: Season the separated egg yolks, to taste and then bake for approximately 10–15 minutes, until the yolks are set to preference.

STEP 9: Sprinkle with the feta cheese and parsley to serve.

Apple Galette

Ingredients

For the Pastry

165 g all-purpose flour
115 g unsalted butter
3 tbsp ice water or as needed
1 tbsp granulated sugar

For the Filling

2 apples
1 large egg yolk beaten with 1 tbsp heavy cream (optional)
3 tbsp granulated sugar
1–2 tbsp demerara sugar or as needed
Juice of 1 lemon
Salt

Method

STEP 1: Preheat the oven to 200 °C/400 °F/Gas Mark 6.

STEP 2: In a food processor, combine the flour, granulated sugar and ½ tsp salt. Pulse well, until well mixed. Add the butter and pulse for approximately 8–10 seconds, until the mixture resembled coarse cornmeal. Slowly add the ice water, 1 tbsp at a time and then pulse until the dough comes together. Shape the dough into a disc shape, wrap it in plastic film and then refrigerate for at least 30 minutes or up to 2 days.

STEP 3: Using the thin noodle blade, spiralize the apples, stopping to cut the noodles every 3–4 rotations.

STEP 4: Transfer to a bowl, then stir in the lemon juice and 2 tbsp granulated sugar. Allow the mixture to drain in a colander for approximately 20 minutes and then stir in the remaining 1 tbsp granulated sugar.

STEP 5: Cut a sheet of baking paper, measuring approximately the size of a baking tray and dust with flour.

STEP 6: Lay the dough onto the baking paper and roll it into a 31 cm round. This should be approximately 1⅓ cm thick. Trim the edges to form a neat dough round or leave untrimmed for a rustic appearance. Transfer the baking paper and dough onto a baking tray.

STEP 7: Arrange the apples evenly across the dough round, leaving approximately 2½–4 cm as an uncovered border. Sprinkle the dough with demerara sugar, if using.

STEP 8: Carefully fold the edges of the dough up and over the apples, loosely pleating the edges and ensuring that the centre is open. Brush the pastry with egg yolk mixture, if using and generously sprinkle with demerara sugar, if desired.

STEP 9: Bake for approximately 30 minutes, until the crust is golden brown and the juices are slightly bubbling. Allow to cool slightly before serving.

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