

Beginner's Guide to Spiralizing



Recipes for Beginners

The following recipes serve as a starting point to breaking in your spiralizer and testing out some simple and easy to follow recipes. Once you have mastered the art of spiralizing, you'll be able to experiment with some of your own recipes, the different fruit and veg you can use, and the various methods you can cook with.

Breakfast



Sweet Potato Breakfast Noodles with Egg & Avocado

Serves 2

Prepare time **10 minutes**

Cook time **15 minutes**

Ingredients

1 tablespoons olive oil
1 sweet potato, peeled
Salt & pepper
2 eggs
1 lime, juiced
1 avocado, peeled, pitted, smashed
¼ teaspoon chilli flakes

Instructions

1. Spiralize the sweet potato using a 3mm spaghetti blade.
2. Heat the oil in a large frying pan over a medium heat. When the oil is shimmering, add in the sweet potato noodles. Stir frequently and add the salt and pepper to season. Cook until softened, and divide into bowls.
3. Whilst the noodles are cooking, poach the eggs one at a time by filling a saucepan with water on a high heat. Once the water is boiling, add vinegar and turn the heat down to a simmer. Crack the eggs one at a time into a small bowl or ramekin, stir the water with a spoon to create a well, and tip the eggs into the well. Leave to poach for approx 3 minutes, remove with a slotted spoon and place onto a kitchen towel.
4. Divide the noodles into bowls, add the smashed avocado and egg to each, and garnish with chilli flakes and lime juice.



Beetroot and Blueberry Pancakes

Serves 4

Preparation time **10 minutes**

Cook time **10 minutes**

Ingredients

1 beetroot, cleaned and ends removed
1 sweet potato, peeled.
250ml milk
1 teaspoon vanilla extract
150g flour
2 teaspoons baking powder
1 tablespoon caster sugar
1 egg, beaten
125g blueberries
1 tablespoons olive oil

Optional, to top: blueberries, maple syrup, honey, chocolate chips, Greek yoghurt etc

Instructions

1. Spiralize the beetroot with a 3mm spaghetti blade.
2. Using a blender, blend the beetroot, buttermilk and vanilla extract.
3. Whisk the flour, salt, baking powder and sugar in a large bowl. Add in the egg and stir in the beetroot mixture and blueberries to make a smooth batter.
4. Heat a frying pan over a medium heat and add the oil. Once the oil is hot, drop 4 spoonfuls of batter into the pan.
5. Cook until bubbles form, the edges begin to harden and the underside turns golden brown. Flip with a spatula and cook until the other side is the same.
6. Serve warm with your chosen toppings. Try yoghurt, blueberries, maple syrup, honey or chocolate chips.



Lunchtime



Vegetable Noodle Soup

Serves 4

Preparation time **4 minutes**

Cook time **10 minutes**

Ingredients

900ml vegetable stock
2 garlic cloves, minced
2 carrots, peeled & ends removed
2 courgettes, ends removed
150g edamame beans
2 spring onions, diced

Instructions

1. Put the stock and garlic in a saucepan and bring to the boil. Reduce the heat and simmer for 34 minutes.
2. Meanwhile, use a spiralizer with a 3mm spaghetti blade to spiralize the carrots and courgettes.
3. Add the carrots, courgettes, beans and spring onion to the soup and simmer for 45 minutes until tender.
4. Serve.



Greek Salad

Serves 4

Preparation time **10 minutes**

Cook time **0 minutes**

Ingredients

1 cucumber
1 small red onion
8 cherry tomatoes, quartered
8 black olives, sliced
125g feta cheese, crumbled
1 tablespoon lemon juice
2 tablespoon olive oil
1 tspn dried oregano
1 little gem lettuce, shredded
Salt & pepper

Instructions

1. Spiralize the cucumber and onion with a 3mm spaghetti blade.
2. Divide the cucumber noodle and onion onto plates and top with the tomatoes, olives and feta.
3. Whisk together lemon juice, oil, oregano, salt and pepper, pour over other ingredients and toss together.
4. Serve and enjoy.

Sides





Fries/Crisps

Serves 4

Prepare time **5 - 10 minutes**

Cook time **20 - 30 minutes**

Ingredients

1 sweet potato, peeled, ends trimmed
1 parsnip, peeled, ends trimmed
1 beetroot, washed, ends trimmed
2 tablespoons olive oil
Salt & pepper
1 teaspoon mixed herbs

Instructions

1. Line a large baking tray with baking paper. Preheat the oven to 200C, gas mark 6 for fries, or 160C, gas mark 3 for crisps.
2. Using a spiralizer, spiralize the potato, parsnip and beetroot. Use a ribbon blade for crisps or 6mm blade for fries.
3. Place the spiralized ingredients into a bowl and add the oil, herbs and salt & pepper. Mix well to coat all vegetables.
4. Spread the vegetables onto the baking tray, and place in the oven. Cook fries for 20 minutes, or crisps for 30 minutes. Turn and stir throughout baking to make sure all are cooked.
5. When golden and crispy, remove from the oven and serve.



Rainbow Coleslaw

Serves 8

Prepare in **10 minutes**

Cook time **0 minutes**

Ingredients

1 large cucumber, ends trimmed
1 large carrot, peeled, ends trimmed
1 small white cabbage, base removed
1 small red cabbage, base removed
1 red onion, peeled, ends trimmed
1 red pepper, stem removed
1 yellow pepper, stem removed
Handful chopped coriander

For the dressing

Pinch of salt & pepper
4 tablespoons olive oil
2 tablespoons vinegar
2 tablespoons lime juice
2 tablespoon honey
1 tablespoon ground cumin

Instructions

1. Using a spiralizer with a 3mm blade, spiralize the cucumber, carrot, white cabbage, red cabbage, onion, red pepper and yellow pepper.
2. In a small bowl, mix together the salt and pepper, lime juice, olive oil, vinegar, honey and cumin.
3. Place the spiralized vegetables into a bowl and mix together. Drizzle over the dressing and chopped coriander, and serve.



Dinner



Courgetti Bolognese

Serves 4

Prepare in **10 minutes**

Cook time **25 minutes**

Ingredients

2tbsp olive oil
500g beef mince
1 onion, chopped
1 garlic clove, crushed
150g button mushrooms, chopped
1 tbsp tomato puree
800g chopped tomatoes
4 courgettes
Grated parmesan to garnish
Basil leaves to garnish

Instructions

1. Heat the oil in a large saucepan over a medium/high heat and add the mince meat. Cook until brown and no longer pink, and drain most of the fat from the meat.
2. Mix in the onion, mushrooms and garlic, and cook until they are softened.
3. Add the tomato puree and chopped tomatoes and mix together. Fill one of the chopped tomato cans with water and pour into the pan. Simmer on a low heat for about 15 - 20 minutes.
4. Whilst your sauce simmers, spiralize the courgettes using a 3mm spaghetti blade. Add them into your sauce to cook until soft, for about 45 minutes.
5. Place onto dishes, and garnish with parmesan and basil.



Beef and Broccoli Stir Fry

Serves 4

Prepare time **15 minutes**

Cook time **10 minutes**

Ingredients

For the marinade

1 garlic clove, crushed
2.5 cm ginger, peeled and cut into strips
1 tsp cornflour
2 tablespoons soy sauce
2 tablespoons sherry or Shaoxing

For the stir fry

500g beef steak, trimmed of fat and cut into strips
2 carrots, peeled
1 broccoli, broken into small florets
1 tablespoon sunflower oil
2 tablespoons oyster sauce
2 courgettes
100ml water

Instructions

1. Mix together the ginger, garlic, cornflour and 1 tablespoon of soy sauce and sherry. Stir in the beef and leave to marinade for 15 minutes.
2. Spiralize the carrots and courgette with a 3mm spaghetti blade.
3. Boil the broccoli florets for 2 minutes.
4. Heat the oil in a wok or large frying pan over a high heat. Add the marinated beef strips and stirfry for 45 minutes, until brown.
5. Add the carrots, broccoli and courgette to cook for 23 minutes until tender.
6. Stir in the remaining soy sauce and sherry, the oyster sauce and water. Stirfry until the sauce has coated all ingredients, and serve.



Desert



Summer Fruit Salad

Serves 4

Prepare in **10 minutes**

Chill for **30 minutes**

Ingredients

3 tablespoon maple syrup
½ teaspoon vanilla extract
2 tablespoon lemon juice
¼ teaspoon cinnamon
2 pears, peeled
2 apples, peeled
250g blackberries
250g strawberries

Instructions

1. Whisk together the maple syrup, vanilla extract, lemon juice and cinnamon.
2. Spiralize the pears and apples using a spiralizer with a ribbon blade.
3. Mix together the pears and apples with the syrup mixture. Stir in the blackberries and strawberries.
4. Chill in the fridge for about 30 minutes.



Carrot, Courgette & Lemon Cake

Serves 8

Prep time **20 minutes**

Cook time **40 minutes**

Ingredients

1 courgette
1 carrot
200g caster sugar
3 eggs, beaten
200g self-raising flour
1 tsp bicarbonate soda
2 lemons, zested
1 tsp mixed spice
200g butter
For the icing
140g icing sugar
Zest 1 lemon & 2 tbsps juice

Instructions

1. Heat the oven to 180C/160C fan/gas mark 4. Grease and line the base of a 20cm round cake tin with baking paper.
2. Use a spiralizer to spiralize the courgette and carrot with a 3mm blade, and snip any long pieces in half with a pair of scissors.
3. Beat the zest, butter and sugar in a bowl until light and fluffy. Add the eggs, flour, bicarb and mixed spice and mix together.
4. Fold in the courgettes and carrots until you have a thick mixture.
5. Spoon the mixture into the prepared cake tin and bake in the oven for around 40 minutes, until risen and golden, and an inserted skewer comes out clean.
6. Whilst the cake bakes, prepare the icing by mixing the lemon juice into the icing sugar until a thick, drizzly icing.
7. Remove the cake from the oven and leave to cool. Remove the cake from the tin to decorate. Drizzle the icing over the cake, and scatter with the zest.



Ready to Spiralize?

So there you have it. A spiralizer is an affordable, easy to use tool that enables you to create a wide range of noodles and ribbons from an even wider range of fruit and vegetables. This is a great tool for those on special diets whether you are gluten free, grain free, Paleo, vegan, low carb, into your raw foods or simply want to get more vegetables into your diet a spiralizer is your go to tool.

Over at UKJuicers.com we have a wide range of spiralizers to suit every budget. We pride ourselves on being an independent provider of Spiralizers, Blenders and of course Juicers.

So whatever your question, whatever your budget, get in touch and we will happily guide you towards the right product for you.

If you would like help choosing the right product or just have any questions on the best products to optimise your lifestyle you can talk to us via our website or social media channels. You can even write us a letter if you would like.

Post:

UK Juicers Limited
Unit 5 Harrier Court
Airfield Business Park
Elvington
YORK
YO41 4EA
United Kingdom

By **Telephone**

+44 (0)1904 757070
(Standard rate)

Or by **Email**

enquiries@ukjuicers.com

Looking forward to hearing from you.



Nick, Paul and the UK Juicers Team

www.ukjuicers.com

+44 (0)1904 757070



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