



Automatic Electric Spiralizer



INSTRUCTION MANUAL



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. READ ALL INSTRUCTIONS CAREFULLY.

2. To protect against risk of electrical shock, do not put cord, plug, or appliance in water or other liquid.

3. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

4. Close supervision is necessary when any appliance is used by or near children.

5. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.

6. Avoid contacting moving parts.

7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Bring it to a qualified technician for examination, repair or electrical or mechanical adjustment.

8. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.

9. Do not use outdoors.

10. Do not let cord hang over edge of table or counter.

11. Do not let cord contact any hot surface, including the stove.

12. Use the cleaning brush to remove debris when the Spiralizer is OFF.

13. Blades are sharp. Handle carefully.

14. To reduce the risk of injury, always press the blade assembly RELEASE button before removing the blade assembly. (See Figure 2.)

15. To reduce the risk of injury, never place cutting blades on sliding blade assembly holder without the protective blade cover in position.

16. Always use the cutting blade handle to lift the blade assembly off the sliding blade assembly holder.

17. Carefully remove the protective blade cover before turning the Spiralizer ON.

WARNING: The cutting blades are very sharp! Use extreme care when handling.

WARNING: Make sure the protective blade cover is locked into position when adjusting the spiral setting or when attaching or removing the blade assembly from the sliding blade assembly holder.

WARNING! To reduce the risk of severe injury to persons, keep hands and utensils away from moving blades while spiralizing or removing spiraled food.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

ADDITIONAL IMPORTANT SAFEGUARDS

1. All users of this appliance must read and understand this instruction manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. Do not leave this appliance unattended during use.
4. If this appliance begins to malfunction during use, immediately press the ON/ OFF and unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
5. If this appliance falls or accidentally becomes immersed in water, unplug it immediately. Do not reach into the water! Do not use this appliance after it has fallen into or becomes immersed in water.
6. To reduce the risk of injury to persons or property, never use this appliance in an unstable position.
7. Do not use this appliance for other than its intended use.

NOTES ON THE PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

NOTES ON THE CORD

The provided short power-supply cord (or detachable power-supply cord) should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord. An extension cord is not recommended for use with this product. Always plug directly into a wall outlet/receptacle.

PLASTICIZER WARNING

CAUTION: To prevent Plasticizers from migrating to the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or place mats between the appliance and the finish of the counter top or table top. Failure to do so may cause the finish to darken; permanent blemishes may occur or stains can appear.

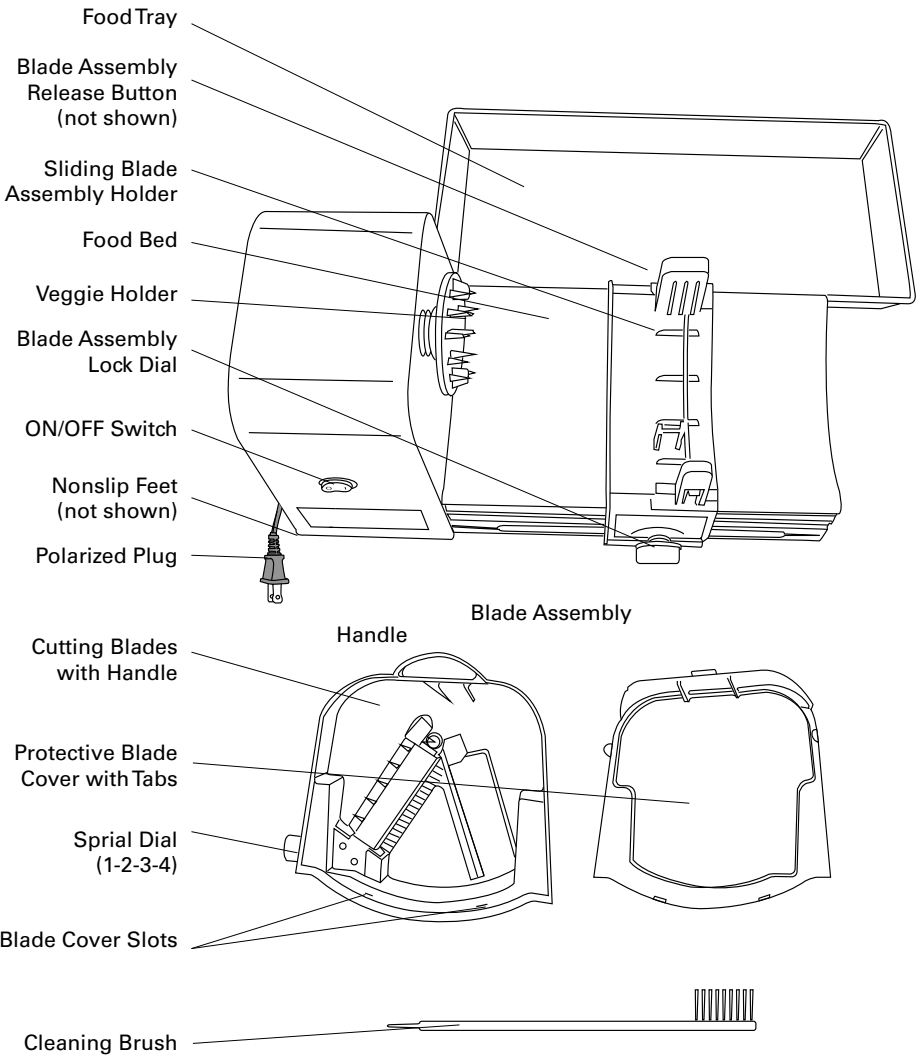
ELECTRIC POWER

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Getting to Know Your Spiralizer

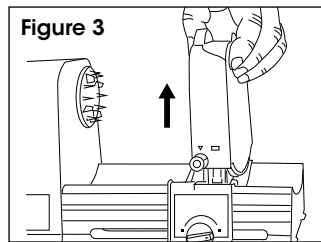
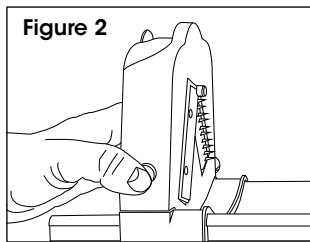
Product may vary slightly from illustration

Figure 1



Before Using for the First Time

1. Your Spiralizer comes fully assembled, topped with the food tray. Carefully unpack the Spiralizer and remove all packaging materials. Lift the food tray from the Spiralizer. Pull the power cord out from the underside of the food bed.
2. Turn the blade assembly lock dial clockwise to **UNLOCK** the blade assembly holder. Slide the blade assembly holder away from the veggie holder.
3. Make sure the sliding blade assembly holder is locked in position on the food bed by turning the sliding blade assembly holder lock dial counter-clockwise to the **LOCK** position.
4. **Remove the blade assembly from the sliding blade assembly holder.** Press and hold the blade assembly **RELEASE** button located on the backside of the sliding blade assembly holder. (See Figure 2.)

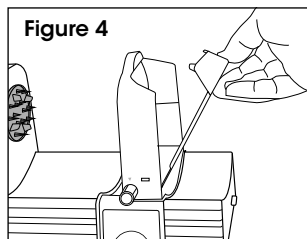


5. Firmly grasp the handle and carefully lift the blade assembly up and off the sliding blade assembly holder. (See Figure 3.)

IMPORTANT: Make sure the sliding holder is locked before removing the blade assembly.

WARNING: ALWAYS grasp the protective blade cover's handle when removing the blade assembly. Failure to do so can result in personal injury.

6. **Remove the protective blade cover.** Press down on the top of the blade cover to facilitate easy removal. Lift the cover up and out of the bottom slots. (See Figure 4.)



7. Use the cleaning brush to rinse and wash the cutting blade warm, soapy water.

WARNING: Cutting blades are very sharp! Use extreme care when handling.

8. Wipe the Spiralizer motor base and food bed with a soft, moistened cloth.

WARNING: Never immerse the Spiralizer motor base in water or any other liquid.

9. Dry each part thoroughly before use.

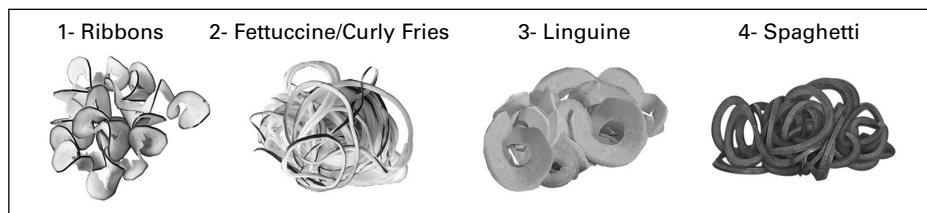
10. Replace protective blade cover by inserting both tabs into the slots on the base of the cutting blade assembly. Press down on the top of the blade cover to make sure the top tabs are enclosed and the blade assembly is properly fastened.

WARNING: The cutting blades are very sharp! Use extreme care when handling.

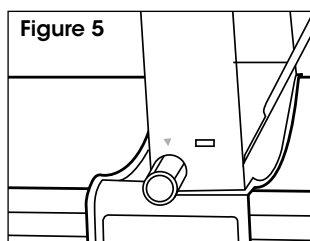
CAUTION: Make sure the protective blade cover is locked into position when attaching or removing the blade assembly. (See Figure 4.)

Operating Instructions

Adjusting the Spirals (1-2-3-4)



1. Before attaching the blade assembly onto the holder, check the spiral dial setting.
2. To change the spiral width, following the detailed procedures described in "Before Using for the First Time" section of this instruction manual, remove the blade assembly.
3. Turn the spiral dial to change to any of 4 widths: 1, 2, 3 or 4. (See Figure 5).



CAUTION: Make sure the blade assembly is NOT attached to the unit.

CAUTION: Make sure the protective blade cover is locked into position when adjusting the spiral setting, attaching or removing the blade assembly. (See Figure 4.)

4. Replace blade assembly into the sliding blade assembly holder. Push down firmly on the top of the blade assembly. An audible click can be heard as the blade assembly locks into place. (See Figure 3.)

5. Prepare food to be spiralized. The Spiralizer works best with fruits and vegetables that have solid flesh. Foods should be firm with no hard seeds or pits. Use with delicate fruits and vegetables, such as tomatoes, is not recommended. Very hard foods that are impenetrable with an ordinary knife should also be avoided.

6. Remove any thick peel or skin from foods before spiralizing. Trim food so both ends are flat. For best results, food should be 1 to 3 inches in diameter and no longer than 6 inches long.

7. The Spiralizer makes continuous spirals of food.

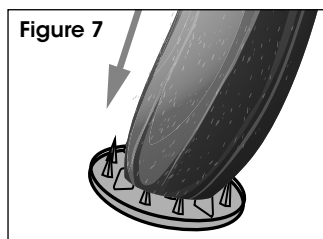
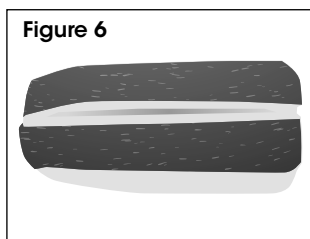
HINT! For single coins, make a half-inch horizontal cut from the left to the right side – to the center of the vegetable or fruit. (See Figure 6.) Turn the spiral dial to #1 Ribbons to make beautiful paper-thin, discs of cucumbers, carrots, potatoes, zucchini, etc. in minutes!

8. Unlock the sliding blade assembly holder.

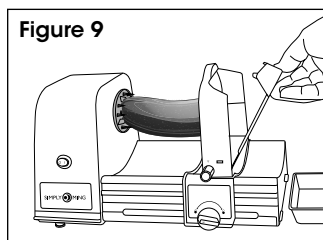
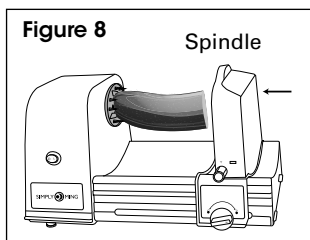
9. Attach the vegetable or fruit to the veggie holder, press the prongs firmly into the left side of the food.

NOTE: For foods that are more difficult to attach, turn the veggie holder towards you to remove. Place on a clean, flat surface. Gently press the food into the prongs so that the fit is secure.

(See Figure 7.) Replace the veggie holder; turn clockwise until it locks into position.



WARNING: Veggie holder prongs are sharp. Use caution when handling.



10. Move the blade assembly to the food so that it lies flat against, and is centered on the spindle. (See Figure 8.)

NOTE: Push firmly on the back of the protective blade cover into the food to assure a tight fit.

11. Turn the lock counter-clockwise to lock.

12. Place the food tray next to the food bed to keep spirals together while processing.

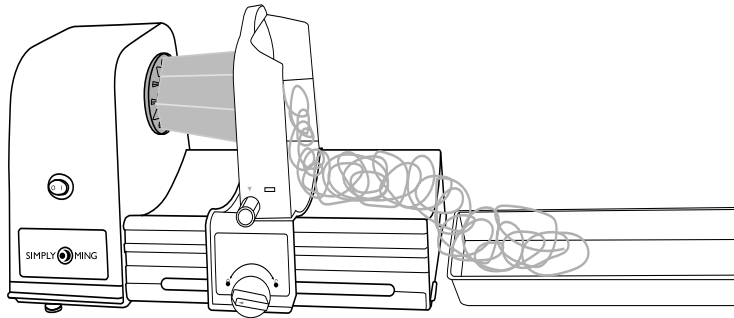
13. Remove the protective blade cover. (See Figure 9.)

14. Plug the cord into a 120V AC electrical outlet.

15. Press the ON/OFF switch. The veggie holder will begin to spin food against the cutting blades as spiralized food spills out the back. The movable blade assembly holder slowly advances to the end of the food bed. (See Figure 10.)

WARNING! To reduce the risk of severe injury to persons, keep hands and utensils away from moving blades while spiralizing or removing spiraled food.

Figure 10



16. The Spiralizer will stop automatically. Press the ON/OFF switch to OFF.

IMPORTANT! The Spiralizer will remain ON and will automatically resume operation unless the ON/OFF switch is pressed to OFF.

17. Turn the blade assembly lock dial clockwise to UNLOCK the blade assembly holder. Slide the blade assembly holder away from the veggie holder.

18. Turn the sliding blade assembly holder lock dial to the counter-clockwise to the LOCK position.

19. Carefully remove the last food remnant from the veggie holder.

20. Check cutting blades before spiralizing more food. Following the detailed procedures described in the "Cleaning Instructions" at the end of this instruction manual, dislodge food debris with the cleaning brush and rinse well.

CAUTION: Do not touch the cutting blades with your fingers. Blades are very sharp and can cause injury if touched. Use extreme care when handling the cutting blades.

21. Unplug the Spiralizer when not in use.

22. The unit should be used for maximum 1 minute at a time. Always make sure that you allow 1 minute in between use.

Suggested Fruits & Veggies for Spiralizing

- | | | | |
|-----------------------|-----------------|------------------|-------------------|
| • Apples, firm, cored | • Carrots | • Potatoes, red | • Turnips |
| • Beets (peeled) | • Celery Root | • or white | • Yellow Squash |
| • Butternut Squash | • Cucumber | • Rutabaga | • Zucchini Squash |
| (peeled) | • Daikon Radish | • Sweet Potatoes | |

Spiralizing Hints for Best Results

- This Spiralizer is not intended for meat or cheese.
- Use spiraled vegetables to replace pasta and noodles.
- Spirals are perfect to use in salads or soups.
- **IMPORTANT:** The Spiralizer works best with fruits and vegetables that have solid flesh. Foods should be firm with no hard seeds or pits. Use with delicate fruits and vegetables, such as tomatoes, is not recommended.
- Very hard foods that are impenetrable with an ordinary knife should also be avoided.
- **IMPORTANT:** Always remove thick peels or skin from foods before spiralizing.
- Many important vitamins and nutrients are found in the skin of fruit and vegetables, so only remove if peels or skins are very thick.
- Select vegetables that are as straight as possible.
- Cut the ends of the food to create flat surfaces to ease attaching to the veggie holder.
- Food should be 1 to 3 inch diameter and no longer than 6 inches. Cut large foods to fit. To avoid waste, cut vegetables or fruit in half. For example, if a cucumber is 8-inches long, for best results, cut it into 2 (4-inch) segments.

User Maintenance Instructions

This appliance requires little maintenance. It contains no user-serviceable parts. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

Care & Cleaning Instructions

1. Unplug the Spiralizer.
2. Turn the blade assembly lock dial clockwise to **UNLOCK** the blade assembly holder. Slide the blade assembly holder away from the veggie holder.
3. Make sure the sliding blade assembly holder is locked in position on the food bed by turning the sliding blade assembly holder lock dial counter-clockwise to the **LOCK** position.
4. Remove the veggie holder. Turn the veggie holder towards you to remove.

WARNING: Veggie holder prongs are sharp. Use caution when handling. Wash in warm, soapy water and dry.

5. Following the detailed procedures described in "Before Using for the First Time" section of this instruction manual, carefully remove the blade assembly.
6. Carefully remove the protective blade cover. Use the cleaning brush to dislodge food debris and rinse well.

WARNING: The cutting blades are very sharp! Use extreme care when handling cutting blades.

NOTE: The veggie holder, complete blade assembly (including the protective blade cover), and the food tray are top-rack dishwasher safe.

7. Wipe the motor base with a damp cloth.
8. **WARNING: NEVER IMMERSE MOTOR BASE IN WATER OR ANY OTHER LIQUID.**
9. If necessary, wipe exterior surface of the motor base with a moist cloth or sponge and dry thoroughly with a soft cloth.
10. Wash nonslip feet if needed, with a moist cloth or sponge and dry thoroughly with a soft cloth.

CAUTION: Never use scouring pads or harsh cleansers.

Storing Instructions

WARNING! Be sure to store the cutting blade assembly away from the reach of children.

1. Spiralizer should be cleaned and assembled before storage.
2. Turn the blade assembly lock dial clockwise to UNLOCK the blade assembly holder. Slide the blade assembly holder away from the veggie holder.
3. Make sure the sliding blade assembly holder is locked in position on the food bed by turning the sliding blade assembly holder lock dial counter-clockwise to the LOCK position.
4. Fold cord tightly and insert into the cord storage area under the food bed.
5. Place the Spiralizer on top of the food tray. Press down firmly until the unit snaps into the sides of the tray.
6. Store Spiralizer in its original box in a cool, dry place.

LIMITED ONE-YEAR WARRANTY

Congratulations on your purchase of the Ming Tsai Spiralizer. This product is warranted to be free from defects in material and workmanship under normal use and service for a period of one year from the date of original purchase with receipt. The manufacturer's obligation shall be limited to replacing, FOB N.Y., any part of the product that is defective. Such warranty shall not apply to damages resulting from accidents, abuse or misuse. This warranty is valid only for first quality goods purchased from an authorized selling agent of IDL.

Imported Ingenious Designs LLC 2060 9th Avenue Ronkonkoma, NY 11779 (800)248-3002

Zucchini Spiral Carbonara

With all the delicious bacon and cheese flavours of a classic carbonara, you won't miss the pasta in this zucchini version. Serves: 4.

PREP TIME: 10 mins **COOK TIME:** 10 mins **TOTAL TIME:** 20 mins

4 medium zucchini
3 egg yolks
1/2 cup grated Parmesan cheese, divided
2 tbsp finely chopped fresh parsley, divided
2 tbsp olive oil
4 slices bacon, chopped
2 cloves garlic, minced
1/2 tsp salt
1/2 tsp freshly cracked pepper

Trim ends of zucchini; cut into halves or thirds. With the Spiralizer on spaghetti setting, spiralize zucchini into long strands, trimming with clean kitchen shears as needed.

In large bowl, whisk together egg yolks, 1/3 cup cheese and 1 tbsp parsley; set aside. Heat oil in large skillet set over medium heat; cook bacon for about 5 minutes or until golden brown but not crisp. Add garlic; cook for 1 minute. Stir in zucchini noodles; cook for about 2 minutes or until tender.

Add zucchini mixture to egg yolk mixture; toss to combine.
Season with salt and pepper. Sprinkle with remaining cheese and parsley.

Tip: Substitute Pecorino Romano for Parmesan cheese, if desired.

Sweet Potato Linguine Stir-Fry

Faster than ordering take-out, these quick and healthy Asian-style noodles take only minutes to cook. Serves: 6

PREP TIME: 10 mins **COOK TIME:** 15 mins **TOTAL TIME:** 30 mins

2 large sweet potatoes (about 2 lb), peeled and halved
2 tbsp oyster sauce
2 tbsp soy sauce
1 tbsp sriracha hot sauce
2 tsp red wine vinegar
1 tsp sesame oil
1/2 tsp granulated sugar
3 tbsp vegetable oil, divided
8 baby bok choy, quartered
1 small onion, chopped
3 cloves garlic, minced
1 tbsp minced fresh ginger
1/4 tsp each salt and pepper
2 green onions, thinly sliced

With the Spiralizer on linguine setting, spiralize sweet potatoes into long strands, trimming with clean kitchen shears as needed. Whisk together oyster sauce, soy sauce, 1 tbsp water, hot sauce, vinegar, sesame oil and sugar; set aside.

Heat 1 tbsp vegetable oil in wok or large skillet set over high heat; stir-fry bok choy for about 3 minutes or tender-crisp. Transfer to plate. Heat remaining vegetable oil; stir-fry onion, garlic and ginger for 1 minute. Add sweet potato noodles; stir-fry for about 1 minute or until noodles start to soften.

Stir in reserved sauce; return bok choy to pan. Cook for about 1 minute or until sweet potato noodles are well coated and just tender. Season with salt and pepper. Sprinkle with green onions.

Tip: Garnish with sesame seeds if desired.

Spicy Vegetable Ribbon Soup

Spiced with chili flakes, this fresh and light soup is very comforting and soothing.
Serves: 4

PREP TIME: 10 mins **COOK TIME:** 25 mins **TOTAL TIME:** 50 mins

1 large carrot, peeled
1 medium zucchini
1 small sweet potato, peeled (about 1 lb)
1 small potato, peeled (about 1/4 lb)
2 tbsp olive oil
1 onion, sliced
3 cloves garlic, minced
1 tbsp finely chopped fresh thyme
1/2 tsp salt
1/2 tsp red chili flakes
4 cups low-sodium vegetable broth
1 bay leaf
1/4 cup chopped fresh basil, divided
1 tbsp white wine vinegar

With the Spiralizer on ribbon setting, spiralize carrot, zucchini, sweet potato and potato into long strands, trimming with clean kitchen sheers as needed.

Heat oil in saucepan set over medium heat; cook onion, garlic, thyme, salt and chili flakes for about 5 minutes or until softened. Add vegetable broth and bay leaf; bring to boil. Reduce heat to medium-low; cook for 5 minutes.

Stir in vegetable ribbons; cook for 12 to 15 minutes or until vegetables are tender-crisp. Remove bay leaf. Stir in basil and vinegar. Spoon into 4 bowls.

Tip: Substitute parsley or cilantro for basil if desired.

Spiralized "Borscht" Soup

This vegetarian take on a classic Eastern European beef soup is rich and flavourful.
Serves: 4

PREP TIME: 20 mins **COOK TIME:** 30 mins **TOTAL TIME:** 60 mins

4 large beets, peeled
1 small potato, peeled (about 1/4 lb)
2 tbsp olive oil
1 onion, chopped
2 cups sliced red cabbage
2 cloves garlic, minced
1/2 tsp each salt and pepper, divided
Pinch caraway seeds
2 tbsp tomato paste
4 cups low-sodium vegetable broth
2 bay leaves
2 tbsp red wine vinegar
2 tbsp honey
1/4 cup chopped fresh dill, divided
1/2 cup sour cream

With the Spiralizer on linguine setting, spiralize beets and potato into long strands, trimming with clean kitchen shears as needed.

Heat oil in saucepan set over medium heat; cook onion, cabbage, garlic, half each of the salt and pepper, and caraway seeds for about 5 minutes or until softened. Stir in tomato paste; cook for 1 minute.

Add beets and potato noodles, vegetable broth and bay leaves; bring to boil. Reduce heat to medium-low; cook for 20 to 25 minutes or until beets are tender. Remove bay leaves.

Stir in vinegar, honey and remaining salt and pepper. Stir in half of the dill. Spoon into 6 bowls. Top with dollop of sour cream and sprinkle with remaining dill.

Tip: Substitute plain Greek yogurt for sour cream if desired.

Spiralized Slaw with Lemon Poppy Seed Vinaigrette

Serve this sweet and tangy slaw with grilled chicken or fish for a healthy dinner any night of the week. Serves: 8

PREP TIME: 10 mins **COOK TIME:** 0 mins **TOTAL TIME:** 15 mins

1/2 small red cabbage (about 1 lb)
1 carrot, peeled and cut in half
1 Granny Smith apple, cored
1 medium beet, peeled
2 green onions, finely sliced
1 tbsp finely chopped fresh cilantro

Vinaigrette:

1 tsp lemon zest
1/4 cup lemon juice
3 tbsp olive oil
4 tsp honey
1 tbsp Dijon mustard
1 tbsp mayonnaise
1 tbsp poppy seeds
1 small shallot, minced
1/2 tsp salt
1/4 tsp pepper

With the Spiralizer on ribbon setting, spiralize cabbage, carrot, apple and beet into long strands, trimming with clean kitchen sheers as needed.

Vinaigrette: Whisk together lemon zest, lemon juice, oil, honey, mustard, mayonnaise, poppy seeds, shallot, salt and pepper until blended.

Toss vegetable and apple ribbons with vinaigrette until well coated. Sprinkle with green onions and cilantro.

Tip: Substitute maple syrup for honey if desired.

Roasted Parmesan Potato Spirals

These tasty potatoes are deliciously addictive. They're perfect for a side dish or just for snacking. Serves: 4

PREP TIME: 5 mins **COOK TIME:** 30 mins **TOTAL TIME:** 40 mins

4 medium Yukon Gold potatoes, peeled
3 tbsp olive oil
1/4 cup grated Parmesan cheese, divided
1 tsp garlic powder
1/2 tsp salt
1/4 tsp pepper
1 tbsp finely chopped chives

Preheat oven to 400°F. With the Spiralizer on linguine setting, spiralize potatoes into long strands, trimming with clean kitchen shears as needed.

Toss potato noodles with oil, half of the cheese, garlic powder, salt and pepper; arrange on two large parchment paper-lined baking sheets. Bake on top and bottom racks, rotating and switching pans halfway through, for 30 to 40 minutes or until golden brown and crispy. Sprinkle with remaining cheese and chives.

Tip: Add 2 tsp chopped fresh rosemary to potatoes if desired.

Spiralized Sweet Potato and Chicken Enchilada Casserole

Perfect for weeknight dinners, potlucks or game nights, this Tex-Mex casserole will please any crowd. Serves: 12

PREP TIME: 10 mins **COOK TIME:** 55 mins **TOTAL TIME:** 1 hour 10 mins

2 lb sweet potatoes, peeled
2 cups shredded cooked chicken
1 cup (8 oz) chunky salsa
1 can (10 oz) enchilada or taco sauce
1 can (14 oz) black beans, drained and rinsed
1 cup frozen corn kernels
1 tsp ground cumin and dried oregano
1/2 tsp each salt and pepper
2 cups shredded Monterey Jack cheese
2 green onions, thinly sliced
2 tbsp chopped fresh cilantro

Preheat oven to 400°F. With the Spiralizer on linguine setting, spiralize sweet potatoes into long strands, trimming with clean kitchen shears as needed.

Arrange sweet potatoes in bottom of greased 13- x 9-inch baking dish. Toss together chicken, salsa, enchilada sauce, black beans, corn, cumin, oregano, salt and pepper. Layer over sweet potatoes; sprinkle evenly with cheese.

Cover with foil; bake for about 40 minutes or until sweet potatoes are tender. Remove foil; bake, uncovered, for 15 to 20 minutes or until cheese is golden brown. Sprinkle with green onions and cilantro.

Tip: Serve with sour cream, chopped avocado, salsa and pickled jalapeños for an enchilada feast.

Sweet Potato Hash with Fried Eggs

Perfect for weekend brunches, this easy hash with a hint of Cajun seasoning can also be served as a quick weeknight dinner. Serves: 4

PREP TIME: 10 mins **COOK TIME:** 15 mins **TOTAL TIME:** 25 mins

2 lb sweet potatoes, peeled
2 tbsp olive oil
1 large onion, sliced
1 red bell pepper, sliced
2 cloves garlic, minced
1 tbsp Cajun seasoning
1/2 tsp salt
1/4 tsp pepper
1/3 cup vegetable broth
4 fried eggs
2 tbsp finely chopped green onion

With the Spiralizer on fettuccine setting, spiralize sweet potatoes into long strands, trimming with clean kitchen shears as needed.

Heat oil in large skillet set over medium heat; cook onion, pepper, garlic, Cajun seasoning, salt and pepper for about 5 minutes or until vegetables start to soften. Stir in sweet potato noodles; cook for about 2 minutes or until well coated.

Stir in broth; cover and cook for 3 to 4 minutes or until sweet potatoes are tender. Remove lid; cook for 1 to 2 minutes until moisture has evaporated. Divide among 4 plates. Top with fried eggs and sprinkle with green onion.

Tip

- Add crumbled bacon or diced ham to hash if desired.
- Alternatively, top with poached eggs.

Teriyaki Broccoli Noodles with Shrimp

These healthy broccoli stem noodles make for a delicious stir-fry with shrimp.
Serves: 4

PREP TIME: 10 mins **COOK TIME:** 10 mins **TOTAL TIME:** 30 mins

4 thick broccoli stems, trimmed and peeled
3 tbsp vegetable oil, divided
1 lb peeled deveined large shrimp, tails removed
2 cloves garlic, minced
1 tbsp minced fresh ginger
1/2 tsp salt
1/4 tsp pepper
1/2 cup teriyaki sauce
1 tbsp lime juice
2 tbsp chopped pickled ginger
1 tbsp toasted sesame seeds
Cooked rice (optional)

With the Spiralizer on spaghetti setting, spiralize broccoli stems into long strands, trimming with clean kitchen shears as needed.

Heat half of the oil in wok or large skillet set over high heat; stir-fry shrimp, garlic, minced ginger, salt and pepper for 2 to 3 minutes or just until shrimp are pink and cooked through. Transfer to plate.

Heat remaining oil in same pan set over high heat; stir-fry broccoli noodles for 4 to 6 minutes or until tender-crisp. Stir in teriyaki sauce and lime juice; bring to boil. Cook for about 2 minutes or until broccoli noodles are just tender. Divide among 4 plates; top with pickled ginger and sesame seeds. Serve with rice (if using).

Tip: This stir-fry is just as delicious made with cubed chicken, pork or beef instead of shrimp.

Butterscotch Apple Crumble

With all the flavours of apple pie and butterscotch in one dessert, this irresistible treat will satisfy any sweet craving. Serves: 6

PREP TIME: 10 mins **COOK TIME:** 10 mins **TOTAL TIME:** 20 mins

4 apples, cored
3 tbsp butter
1/2 cup packed brown sugar
1/2 tsp ground cinnamon
Pinch ground nutmeg
1/2 cup 35% whipping cream
3 tbsp whiskey
1 tsp vanilla extract
1 cup vanilla Greek yogurt
1 cup granola
1/4 cup dried cherries

With the Spiralizer on ribbon setting, spiralize apples into long strands, trimming with clean kitchen shears as needed.

Melt butter in large skillet set over medium-high heat. Stir in brown sugar, cinnamon and nutmeg; cook for 2 to 3 minutes or until sugar starts to dissolve. Stir in whipping cream, whiskey and vanilla; bring to simmer. Stir in apples; cook for 4 or 5 minutes or until sauce is thickened and apples are tender.

Divide among 4 bowls. Dollop with spoonfuls of Greek yogurt; sprinkle with granola and cherries. Serve warm.

Tip: Replace cherries with other dried fruits, such as cranberries or apricots, or pumpkin seeds if desired.



