

SPIRALIZER



10-Blade Spiral Slicer

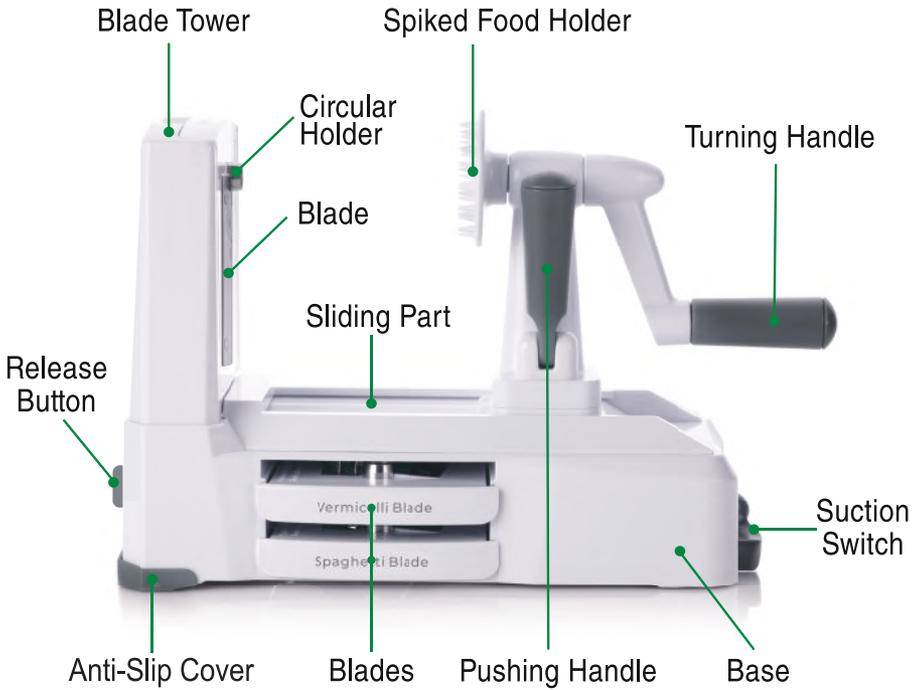
INSTRUCTION MANUAL

A practical and innovative way to beautifully shred, slice and chip most firm vegetables and fruits. It is ideal for making long, curly vegetable slices for low carb, healthy vegetable meals and is able to do so in large quantities within a very short time. **With the Spiralizer 10-Blade Spiral Slicer, preparing your favorite dishes for your whole family is no longer a chore.** Designed to be highly versatile, it can effortlessly crank out gorgeous looking vegetable spiral strands, slices, shreds and chips in no time. From short fruits like apples to long veggies like a zucchini or thin veggies like carrots and even thick ones like cabbage, it handles them all gracefully.

Whether it is making garnishes to turn your dinner platter into a gourmet delight, preparing the most beautiful salads to wow your guests, making a healthy raw food pasta, or giving your family healthy and fresh potato chips, you can do it all with this device.



PARTS



To provide you with most slicing options,
we created 10 different stainless steel blades.



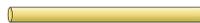
Sturdy and easy to carry blade storage bag.
It fits up to 7 blades.

BLADES

1



Vermicelli Blade



Use the 2×2 mm blade to make angel hair size strands.

Hot-tip: Your Spiralizer will create long, continuous noodles. To make shorter strands, use a knife to make 3 to 5 short cuts along the length of the fruit or vegetable, stopping just at the core. After spiralizing, you can also use kitchen shears or scissors to quickly cut strands to a more manageable size.

2



Spaghetti Blade



Use the 2×3 mm blade to make spaghetti size strands.

Hot-tip: To avoid watery zucchini noodles, line a baking sheet with paper towels, and spread strands over the towels. Sprinkle salt over the noodles and top with another layer of paper towels. Place another baking sheet or plates on top to add weight and let sit for 10 minutes. Transfer noodles to a colander and rinse the salt away, then pat dry again with paper towels.

3



Bucatini Blade



Use the 4×3 mm blade to make thicker spaghetti-like noodles, similar to bucatini pasta.

Hot-tip: Spiralize the sweet potato to make crunchy, tasty, and gluten-free Sweet Potato Noodle Buns for your burgers and sandwiches.

4



Linguine Blade



Use the 3 × 6 mm blade to make long, flat, narrow ribbons.

Hot-tip: Spiralize your favorite vegetables to make a quick, healthy, and tasty soup! Don't forget to use carrots to make great noodles. When carrots cook in the broth, they fluff up like whole-wheat pasta does and create the perfect and robust consistency to carry the rich flavors of sauces and cheese.

5



Pappardelle Blade



Use the 2 × 12 mm blade to make extra wide size strands, flat and wavy like pappardelle.

Hot-tip: Replace the lasagna noodles with butternut squash ribbons, and you can create a delicious, lower carb (gluten-free) lasagna loaded with vegetables. You can eat this vegetable raw or let it spend some time in the oven, preferably in the company of cheese.

6



Curly Fry



Use the 2 × 5.5 mm blade to make long curly-fries size strands.

Hot-tip: Use a fruit corer to remove cores and seeds from apples and pears before spiralizing. Spiralized curly apple noodles are perfect for salads, savory dishes, and desserts. Spiralized apples will turn brown quickly, so it's best to use them immediately or dress them with lemon juice.

7



Fine Groovy Chips



Use the fine wavy 2 mm blade to make unique fine ridged pasta.

Hot-tip: Pasta made with the wavy blades will have ridges and hold pasta sauce better than any other noodle.

8



Coarse Groovy Chips



Use the coarse wavy 2 mm blade to make a hearty ridged pasta.

Hot-tip: This noodle is a crowd-pleaser because of its uniqueness, beauty, and unmatched sauce holding texture, which is the biggest challenge for veggie pastas. If you want to go one step further with your Spiralizer, try freezing spiralized vegetables or fruits right into the ice cubes and add them to your drink!

9



Chips/Ribbons



Use the 2 mm flat blade to make wide ribbons.

Hot-tip: To make individual slices using the flat blade, use a knife to cut a slice along the length of the fruit or vegetable, stopping just at the core. Use green or red cabbage to have coleslaw or braised cabbage in no time.

10



Chips-Thick Cut



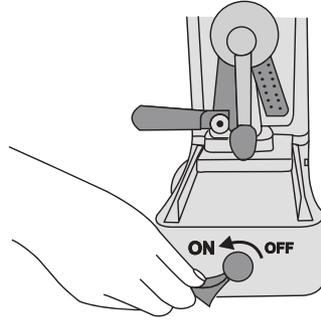
Use the 3 mm flat blade to make lasagna-like ribbons.

Hot-tip: Since onions are already in layers, this blade is perfect for making thinly sliced onion rings in no time, which you can use to make fried onion rings. You can also spiralize cucumbers to make beautiful ribbons for Greek salad.

Let's Get Started

! Use your Spiralizer to spiralize fruits and vegetables. Always remember to trim the ends of your fruit or vegetable flat before affixing to the Spiralizer.

- 1 Put the machine on a clean, flat surface. Hold it with one hand, while flipping the suction switch from "OFF" to "ON" with the other hand.

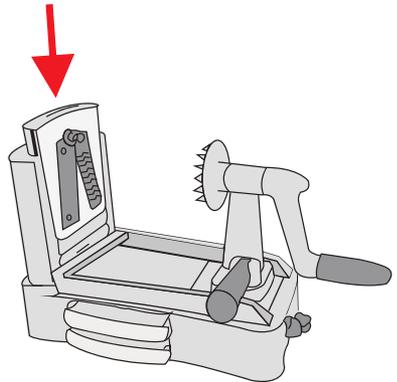


! The suction cup will stick best onto granite, quartz, glass, or any non-porous surfaces.

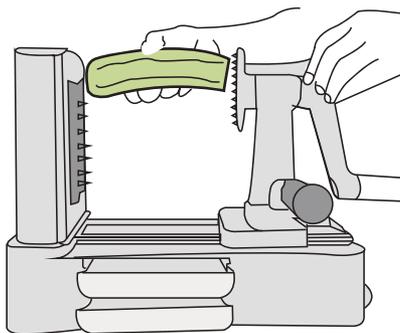
- 2 Take the vegetable/fruit of your choice and cut off the ends evenly.



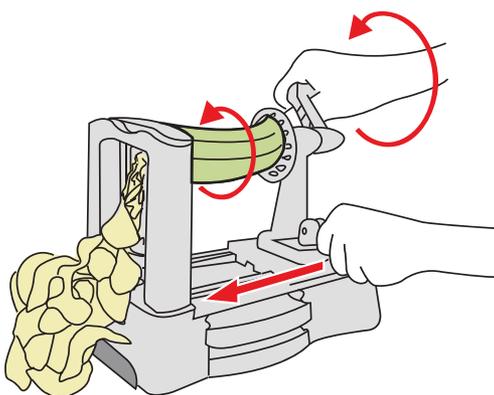
- 3 Insert a blade into the blade tower slot.



- 4** Place the flat ends in between the circular holder on the blade and the spiked food holder.



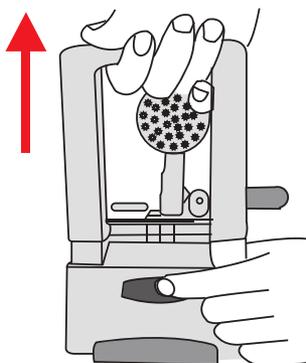
- 5** With your left hand push the pushing handle forward while using the right hand to rotate the turning handle in a clockwise direction.



STORAGE

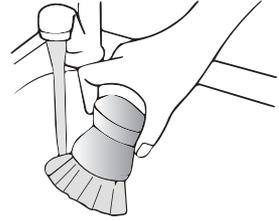
To remove the blade tower from the base of the machine, make sure that the base is securely suctioned to an even surface, then hold the “release” button in and pull up firmly on the blade tower.

All the components can be laid flat for storage in a drawer.



CLEANING

To wash the parts, use warm, soapy water, and a kitchen brush to clean the food residue from the parts. Use baking soda or lemon juice to remove stains from beets and carrots. After drying, store out of reach from children.



**KEEP OUT OF REACH
OF CHILDREN**



**DANGER
SHARP BLADES**

CAUTION!

**The SPIRALIZER 10-Blade Spiral Slicer
contains sharp blades.**

Handle with care when unpacking, assembling, using, cleaning, and storing. Do not leave within reach of children.

The Spiralizer is designed to be used with fruit and vegetables, do not use meat or cheese on the Spiralizer.

QUICK VEGETABLE NOODLE COMBOS

VEGGIE NOODLE BASE	SAUCE	PROTEIN	EXTRAS	
ZUCCHINI NOODLES	 + Zucchini	 + Pesto	 + Chicken	Cherry Tomatoes & Toasted Pine Nuts
CARROT NOODLES	 + Carrot	 + Tahini Dressing	 + Edamame	Broccoli & Scallions
CUCUMBER NOODLES	 + Cucumber	 + Miso Vinaigrette	 + Tofu	Mushrooms & Sesame Seeds
BUTTERNUT SQUASH NOODLES	 + Butternut Squash	 + Curry Paste	 + Mushrooms	Garlic Cloves & Reduced Fat Coconut milk
POTATO NOODLES	 + Potato	 + Teriyaki Sauce	 + Shrimp	Water Chestnuts & Julienned Carrots
DAIKON RADISH NOODLES	 + Daikon Radish	 + Pad Thai Sauce	 + Chicken	Peanuts & Bell Peppers
SWEET POTATO NOODLES	 + Sweet Potato	 + Parmesan Garlic Sauce	 + Fried Egg	Asparagus & Red Chilli Flakes
BEET NOODLES	 + Beet	 + Honey Dijon Vinaigrette	 + Bacon	Gorgonzola & Pecans

TIPS

If you are not sure which vegetable/fruit can or cannot be spiralized here are a few guidelines:

- For best results, it must be at least 2" in diameter. If your vegetable is wider than 2.5–3 inches in diameter, it will yield longer and flatter noodles. On the other hand, spiralizing small vegetables will not only make skinnier noodles, but it will also create less of them. If a vegetable is too thin, it will result in many half-moon shapes.
- If the skin is inedible, remove it / peel it first.
- The inside of it must be solid (no hollow cores).
- Juicy fruits like pineapples and oranges cannot be spiralized.

Preparing your vegetable/fruit for spiralizing:

- Before spiralizing your veggies or fruit, cut the ends off, making sure your cuts are as straight and even as possible. If your vegetables are wider than 3" in diameter and longer than 10", cut them in half before spiralizing.
- If you notice when spiralizing vegetable/fruit that only half moon shapes are coming out on the other end, reposition the vegetable/fruit on your spiralizer. This happens mostly when the vegetable moves off the center. Another tip to avoid half-moons is to make sure the ends of your vegetable are cut flat.

Cooking tips:

- To avoid runny sauce when cooking vegetable pasta, please use 70/30 "pasta" to sauce ratio or cook sauce longer until it becomes creamier. Also, to avoid excess moisture, pat down with paper towel vegetables like cucumbers or zucchini before cooking.
- Do not overcook zucchini! If they are cooked more than 2 minutes, zucchini becomes mushy. To avoid this, please cook them less than 2 minutes. Or simply pour hot sauce over raw, uncooked zucchini. The heat from the sauce will help zucchini loosen up and become softer to eat.

Got Questions?



Visit our website at www.spiralizer.us



Call us at **888-739-4172**



Email us at support@spiralizer.us

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