

# Veggetti™



## **Gourmet Recipe Guide** & Instructions

# USAGE INSTRUCTIONS

**PLEASE CAREFULLY READ  
AND UNDERSTAND ALL  
INSTRUCTIONS AND WARNINGS  
BEFORE USE.**

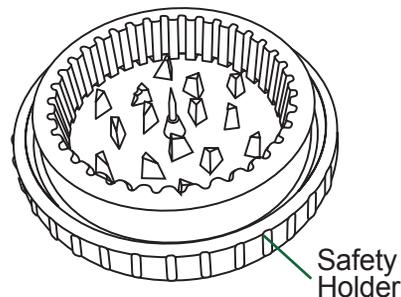
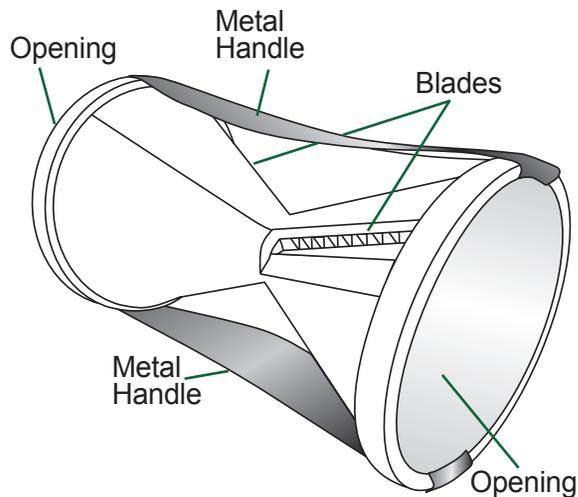
Thank you for your purchase. Veggetti™ is the quick & easy way to turn veggies into delicious, healthy pasta and more—instantly! It's also great to make stir-fries, veggie salads and decorative garnishes!

## CAUTION:

**CUT HAZARD:** Sharp blades. Contact may result in injury. Always keep blades away from fingers and body. Handle with care. Keep out of reach of children.

## IMPORTANT:

- Always handle Veggetti™ with care.
- Wash Veggetti™ and all of its parts with warm, soapy water before use.
- There is no assembly required with Veggetti™.
- Veggetti™ is top rack dishwasher safe.



## USAGE:

1. Wash and dry vegetables to be used.
2. Hold Veggetti™ firmly by its “Metal Handles”. (See Fig. 1).
3. Insert your favorite vegetable into the desired “Opening” of Veggetti™.

*TIP: Use the “Opening” marked “Thin” to achieve thin strands or “Thick” to achieve thick strands.*

4. Hold Veggetti™ over a bowl or cutting board and twist the vegetable clockwise while pushing forward (See Fig. 2). Separate the vegetable strands as needed.

**IMPORTANT:** DO NOT insert fingers into the “Opening” of Veggetti™. When the vegetable becomes too small to hold, use the included “Safety Holder” to finish (See Fig. 3).

**TIP:** Form the vegetable pasta into a pile and cut it in half (See Fig. 4) to create shorter, easy to manage strands.

Fig. 1

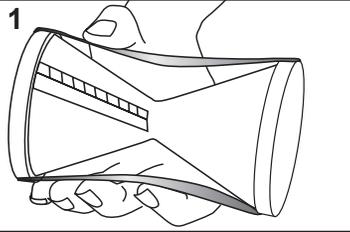


Fig. 2

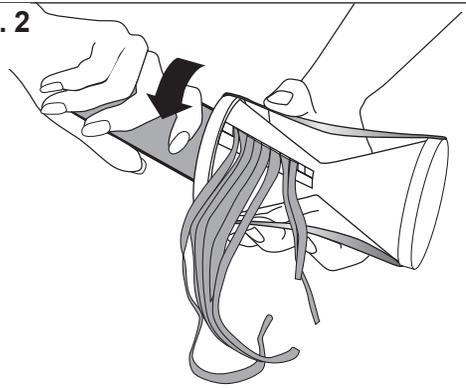


Fig. 3

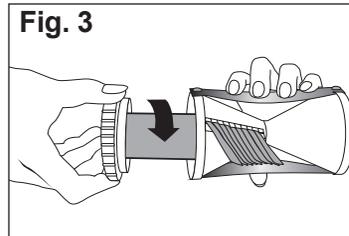
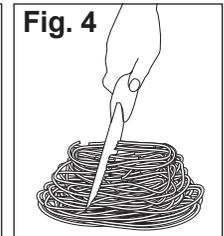


Fig. 4



## CARE & CLEANING:

Veggetti™ is top rack dishwasher safe.

**Always handle Veggetti™ with care when cleaning, especially when washing by hand near the blades.**

Rinse Veggetti™ with water to remove any remaining food particles inside and out. Place Veggetti™ in the dishwasher, or wash by hand with soap and warm water.

Veggetti™ has complex blades. If food particles are stuck in or near the blades, it may be necessary to use a soft scrub brush to get into the small spaces.

## COOKING INSTRUCTIONS:

The following pages include delicious recipes for Veggetti™-Made Vegetable Pasta. Each recipe can be prepared 4 unique ways to fit your personal taste! Veggetti™-made pasta can be served RAW, BOILED, SAUTÉED, or cooked in the MICROWAVE. Test them all, and mix and match with our sauce recipes to find your favorite!

### RAW:

- Prepare Veggetti™-made vegetable pasta with or without skin
- Top with hot or cold sauces for a fresh, crisp taste.

### BOILED:

- Bring a large pot of salted water to a boil.
- Carefully and slowly add Veggetti™-made vegetable pasta to the boiling water.
- Cook to taste based on the Cooking Table provided (Pg 7). Stir occasionally to avoid sticking.
- Strain and serve.

### SAUTÉED:

- Add a drizzle of olive oil to a medium sized pan and heat on Medium to High heat.

- Carefully and slowly add Veggetti™-made vegetable pasta to the pan.
- Cook to taste based on the reference table provided. Stir frequently to avoid burning.
- Remove from heat and serve.
- Sprinkle with your favorite seasoning.

**MICROWAVE:**

- Place Veggetti™-made vegetable pasta in a microwave safe cup or bowl.
- Place bowl into Microwave and cook to taste based on the Cooking Table provided.
- Carefully remove the bowl from the Microwave and serve.

**COOKING TABLE:**

Common Vegetables	Boil	Sauté		Microwave
		Time	Temp.	
<b>Squash</b>	2-3 Min	4-6 Min	Med.	1 Min
<b>Carrot</b>	8-10 Min	6-8 Min	High	1-2 Min
<b>Potato</b>	10-12 Min	8-10 Min	High	2 Min
<b>Cucumber</b>	3-5 Min	3-5 Min	Med.	30 Sec

*Suggested cooking times based on single serving of Veggetti™-made vegetable pasta. Do not leave cooking pasta unattended. Results may vary. Cook to taste.*

**MARINARA SAUCE**

**Ingredients:**

- 1 lb. Veggetti™-Made Vegetable Pasta
- 1 (14.5 oz.) can Stewed Tomatoes
- ½ (6 oz.) can Tomato Paste
- 2 tbsp + 2 tsp Finely Diced Onion
- 2 tbsp Fresh Parsley, chopped
- ½ Clove Garlic, minced
- ½ tsp Dried Oregano
- 3 tbsp Olive Oil
- Salt & Pepper, to taste



**Directions:**

Prepare Veggetti™-made vegetable pasta per the cooking instructions (Pg 6).

Place the tomatoes, tomato paste, chopped parsley, minced garlic, oregano, salt, and pepper into a food processor. Blend until smooth consistency is achieved.

In a large skillet, on medium heat, sauté the diced onion in olive oil for 2 minutes. Add in the aforementioned blended mix. Simmer for 30 minutes, stirring occasionally.

Serve sauce over cold or hot, Veggetti™-made vegetable pasta.

## **BOLOGNESE SAUCE**

### **Ingredients:**

1 lb. Veggetti™-Made Vegetable Pasta  
2 ¾ tsp Olive Oil  
2 slices Bacon, cut into ½ inch pieces  
½ large Onion, minced  
½ Clove Garlic, minced  
7 oz. Lean Ground Beef  
3 ½ oz. Ground Pork  
3 ½ oz. Fresh Mushrooms, sliced  
1 Carrot, shredded  
1 Stalk Celery, chopped  
½ (28 oz.) can of Italian Plum Tomatoes  
2 ½ oz. Tomato Sauce  
3 tbsp and 1 ¾ tsp Dry White Wine  
3 tbsp and 1 ¾ tsp Chicken Stock  
¼ tsp Dried Basil  
¼ tsp Dried Oregano  
Salt and Pepper, to taste

### **Directions:**

Prepare Veggetti™-made vegetable pasta per the cooking instructions (Pg 6).

In a large skillet, on medium heat, warm olive oil and sauté bacon, onion and garlic until bacon is browned and crisp, then set aside.

In a large saucepan, brown the beef and ground pork. Drain away excess fat. Stir in the bacon/garlic/onion mixture along with the mushrooms, carrots, celery, tomatoes, tomato sauce, wine, stock, basil, oregano, salt and pepper to the saucepan.

Cover the pan, reduce heat and simmer for one hour, occasionally stirring.

Serve sauce over cold or hot, Veggetti™-made vegetable pasta.



## GARLIC & OLIVE OIL SAUCE

### Ingredients:

1 lb. Veggetti™-Made Vegetable Pasta  
¼ cup and 1 tbsp Extra Virgin Olive Oil  
¼ cup and 2 tbsp Butter  
4 Cloves Garlic  
2 tbsp Fresh Basil, chopped  
8 oz. can Artichoke Hearts, drained and quartered (optional)

### Directions:

Prepare Veggetti™-made vegetable pasta per the cooking instructions (Pg 6).

In a skillet, heat the olive oil and melt the butter, on medium heat. Mix in the garlic, basil, and artichoke hearts (optional), then cook for 5 minutes, until heated through.

Serve sauce over cold or hot, Veggetti™-made vegetable pasta.



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## PESTO SAUCE

### Ingredients:

1 lb. Veggetti™-Made Vegetable Pasta  
¾ cup Fresh Basil Leaves  
¼ cup Pine Nuts  
1 Clove Garlic, peeled  
1 tbsp Grated Parmesan Cheese  
¼ cup Olive Oil  
Salt and Pepper, to taste

### Directions:

Prepare Veggetti™-made vegetable pasta per the cooking instructions (Pg 6).

Place the basil leaves, pine nuts, peeled garlic clove, and grated parmesan cheese into a food processor then blend together. Slowly pour the olive oil in while still mixing. Stir in the salt and pepper.

Serve sauce over cold or hot, Veggetti™-made vegetable pasta.



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## ALFREDO SAUCE

### Ingredients:

1 lb. Veggetti™-Made Vegetable Pasta  
¼ cup Butter  
1 cup Heavy Cream  
1 Clove Garlic, crushed  
1 ½ cups grated Parmesan Cheese  
¼ cup Fresh Parsley, chopped  
½ cup Peas (optional)

### Directions:

Prepare Veggetti™-made vegetable pasta per the cooking instructions (Pg 6).

In a medium saucepan, melt butter, on medium low heat. Add in cream and peas (optional) and simmer for 5 minutes. Then, add in crushed garlic and parmesan cheese, and quickly whisk heating through. Stir in parsley.

Serve sauce over cold or hot, Veggetti™-made vegetable pasta.

## HONEY GLAZED CARROTS

### Ingredients:

1 lb Carrots, peeled  
¼ cup Dried Cranberries  
2 tbsp Butter  
2 tbsp Honey  
1 tbsp Lemon Juice  
Salt and Pepper, to taste

### Directions:

In a medium-size saucepan, bring water to a boil. Using your Veggetti™, cut carrots into vegetable noodles. Add salt and Veggetti carrots and cook until tender.

Drain the carrots and add back to pan with dried cranberries, butter, honey, and lemon juice. Cook until the glaze coats the carrots.

Season with salt and pepper to taste.



## ASIAN STIR-FRY

### Ingredients:

1 lb. Veggetti™-Made Vegetable Pasta  
¼ cup Vegetable Oil  
1 Garlic Clove, chopped  
¼ cup Soy Sauce  
¼ cup Rice Vinegar  
2 tsp Thai Chili Sauce  
2 tbsp Honey  
5 oz. Extra-firm Tofu, cut into ¼ inch cubes  
2 tsp Sesame Oil  
5 oz. Bean Sprouts  
5 oz. Shredded Carrots  
1 Red Bell Pepper, sliced thinly  
5 Green Onions, cut in half lengthwise  
½ lb Mushrooms

### Directions:

In a wok, heat the vegetable oil on medium-high heat. Add in chopped garlic clove and cook until lightly browned, for about 2 minutes. Stir in the soy sauce, rice vinegar, chili sauce, and honey. Bring the mixture to a simmer. Reduce heat to medium-low and let simmer for 10 minutes. Transfer the sauce to a bowl, and stir the tofu into

the sauce. Set aside the tofu mixture.

Bring a large pot of salted water to a boil. Add Veggetti™-made vegetable pasta and boil until cooked through but still firm, stirring occasionally. Drain.

While the Veggetti™-made vegetable pasta is boiling, in a clean wok or large skillet, heat the sesame oil. Stir in the bean sprouts, carrots, green pepper, green onions and mushrooms to cook until the vegetables are bright in color and wilted slightly, for about 5 minutes. Add in the tofu with sauce and Veggetti™-made vegetable pasta then stir to combine.



## CUCUMBER SALAD

### Ingredients:

4 Cucumbers  
1 Small White Onion, Chopped Fine  
1 cup White Vinegar  
½ cup Water  
¾ cup White Sugar  
1 tbsp Dried Dill

### Directions:

Use the Veggetti™ to spiral cut the cucumbers. Toss together the cucumbers and onions in a large bowl.

Combine the vinegar, water, and sugar in a saucepan over medium heat. Bring to a boil and pour over the cucumber and onion. Stir in dill, cover, and refrigerate until cold.

Allow the cucumbers to marinate for at least 1 hour.



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## ZUCCHINI SALAD

### Ingredients:

3 or 4 Zucchini  
2 tsp Salt  
1 tbsp Fresh Lemon Juice  
1 tbsp Fresh Basil, Parsley, Oregano, Chives, finely chopped  
½ Red Onion, thinly sliced  
3 tbsp Extra Virgin Olive Oil  
Fresh Ground Pepper, to taste  
⅓ cup Toasted Walnuts, chopped (optional)

### Directions:

Make zucchini strands using the thick side of Veggetti™. Chop the strands into 1"-2" long pieces.

Combine the zucchini in a sieve, with 1 teaspoon of salt. Toss, then add the second teaspoon of salt and toss again. Set aside for 10 to 15 minutes.

Add the lemon juice, herbs and extra virgin olive oil to a bowl, and whisk to combine. When ready, rinse the zucchini well with water and pat dry. Add zucchini to the bowl and toss. Add in the red onion, chopped walnuts (optional) and pepper to taste.

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## LEMON BUTTER SAUCE

### Ingredients:

1 lb Veggetti™-Made Vegetable Pasta  
4 tbsp Butter  
¼ cup finely Minced Parsley  
1 Whole Lemon  
1 Red Pepper, seeded and sliced thin (optional)  
Salt and Pepper, to taste

### Directions:

Melt butter in a large skillet over medium-high heat. Add your favorite Veggetti™-made vegetable pasta, and red pepper (optional) and cook for a few minutes to your desired consistency.



Add the juice and zest of half a lemon. Salt and pepper to taste and mix thoroughly.

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## POTATO PANCAKES

### Ingredients:

4 Large Potatoes, peeled  
1 Yellow Onion, finely chopped  
1 Egg, beaten  
1 tsp Salt  
2 to 4 tbsp All-Purpose Flour  
Pepper, to taste  
2 cups Vegetable Oil for frying

### Directions:

Use the thin cut blade of Veggetti™ to spiral cut potatoes. Squeeze out as much of the moisture from the potatoes as possible. Mix in egg, salt, and black pepper. Add enough flour to make a thick mixture, about 2 to 4 tablespoons.

Heat ¼ inch oil in a heavy skillet over medium-high heat. Drop two or three ¼ cup mounds into hot oil and flatten to make ½ inch thick pancakes. Fry and turn once, until golden brown. Drain on a paper towel lined plate to remove excess oil. Repeat until all the pancakes are made. Serve with sour cream.



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## HASH BROWNS

### Ingredients:

2 Large Potatoes, peeled  
1 Medium Onion, sliced thin  
½ Diced Red or Green Pepper  
¼ cup Butter  
Salt and Pepper, to taste

### Directions:

Use Veggetti™ to spiral cut potatoes.

In a large pan heat butter. Add potatoes, onions, and peppers into the pan. Season with salt and pepper.

Lower the heat to medium. Cover the pan and cook for about 10 minutes or until the bottom layer is browned and a little bit crispy.

Flip over and cook for another 10 minutes until the new bottom layer is brown.

Remove the lid and cook for another 10 minutes.



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## PEANUT SESAME SAUCE

### Ingredients:

1 lb. Veggetti™-Made Vegetable Pasta  
½ cup Smooth or Chunky Peanut Butter  
¼ cup Soy Sauce  
⅓ cup Warm Water  
2 tbsp chopped, peeled Fresh Ginger  
1 Clove Garlic, finely chopped  
2 tbsp Rice Wine or Cider Vinegar  
1 ½ tbsp Asian or Dark Sesame Oil  
2 tsp Honey  
1 tbsp Sesame Seeds, toasted  
1 Scallion, chopped  
1 tbsp Chili Oil (optional)

### Directions:

Prepare Veggetti™-made vegetable pasta per the cooking instructions (Pg 6).

Soften peanut butter in microwave for 15-20 seconds on high. In a large bowl, whisk together peanut butter, soy sauce, water, ginger, garlic, vinegar, sesame oil, honey, and chili oil (optional). Toss in your favorite Veggetti™-made vegetable pasta (best with zucchini or cucumber noodles), sesame seeds and scallions. Serve immediately.



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