



SPIRALIZE Now!: 80 Delicious, Healthy Recipes for your Spiralizer

By Denise Smart

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Spiralizing has transformed cooking routines worldwide thanks to the easy-to-use Spiralizer and its simple way to enjoy a fresh, nutritious meal and limit carbs. *SPIRALIZE Now!* provides 80 diverse, delicious and simple recipes for the veteran and first time spiralizers alike.

Find mouthwatering recipes you didn't realize your spiralizer was capable of. Split into sections for light bites, salads, mains, sides and accompaniments, and sweet treats there's something for everyone in this comprehensive cookbook.

Need snack or a side dish? Try your hand at onion bhajis, baked vegetable crisps or Moroccan carrot salad.

Looking for a hearty main course? Enjoy a Thai beef salad, butternut squash with sage butter and pine nuts or a Mexican vegetable and bean burger.

Want a delicious dessert? An apple, raspberry and almond crumble and a pear tart tatin will satisfy any sweet tooth.

Find these fantastic recipes and more in *SPIRALIZE Now!* Stop wasting time chopping and dicing and get to spiralizing your favorite fruits and veggies instead!

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Editorial Review

About the Author

Denise Smart has been food styling and recipe writing for nearly 20 years with some of the nations best known brands. With many cookbooks under her apron she works with photographers all over London. She can be found living happily with her husband Tom in Milton Keynes and likes nothing nicer than spiraling whatever she can get her hands on.

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Shrimp Pad Thai

For the noodle sauce

2 tablespoons tamarind paste

2 tablespoons Asian fish sauce

2 tablespoons palm sugar or light brown sugar

Juice of 1 lime

1 daikon, about 12 oz (375 g), peeled, ends trimmed and halved crosswise

1 carrot, ends trimmed and halved crosswise

2 tablespoons peanut or sunflower oil

1 garlic clove, chopped

1 red chile, seeded and finely chopped

1 bunch of green onions, sliced

4 oz (125 g) raw shelled shrimp

2 eggs, beaten

7 oz (200 g) bean sprouts

4 lime wedges, for serving

2 tablespoons blanched peanuts, toasted and roughly chopped

4 tablespoons chopped cilantro

Serves 2

Prepare in 15 minutes

Cook in 10 minutes

First, make the noodle sauce. In a small bowl, whisk together the tamarind paste, fish sauce, sugar and lime juice.

Using a spiralizer fitted with a 6 mm (1/4 inch) flat noodle blade, spiralize the daikon. Change to a 3 mm (1/8 inch) spaghetti blade and spiralize the carrot, keeping the mooli and carrot separate.

Heat a wok over a high heat, then add 1 tablespoon of the oil and swirl around. Add the garlic, chile and green onions and stir-fry for 1 minute, stirring continuously. Add the spiralized daikon and stir-fry for 2 minutes, then add the spiralized carrots and shrimp and stir-fry for 1–2 minutes or until the shrimp have turned pink.

Push the stir-fried ingredients to the side of the wok and add the remaining 1 tablespoon oil. Pour in the eggs and cook, stirring continuously, until they begin to set.

Add the bean sprouts and pour over the noodle sauce. Toss everything together until heated through, stirring continuously for 2 minutes. Stir in half of the peanuts and cilantro, then spoon into bowls. Serve immediately topped with the remaining peanuts and cilantro with lime wedges to squeeze over.

Users Review

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