



SPARTAN

*Spartan Shredders are crafted with an upright julienne blade that shred any dense vegetable with ease. The y-grip handle is user friendly allowing for both left and right-handed use. The Spartan Shredder allows for optimal comfort with professional results, every time.*

### **Use**

You will only have success with the shredder when the SPARTAN logo – located on the flat part of the handle – is facing up towards the user. The safest and easiest way to use the Shredder is to place the vegetable on a cutting board for stability when pulling the blade down on the vegetable. For best results, press evenly down on the shredder providing even pressure. Denser vegetables like carrots and beets will need more pressure on the blade while cucumbers and zucchini will need less pressure. Round fruit and vegetables are easiest to shred when a fork is used to hold it in place on the cutting board.

**Pro Tip:** Imagine holding the vegetable on a flat surface with your non-dominant hand and pulling the blade towards your dominant side. This helps keep your fingers out of the way and allows you to maintain even pressure while using the shredder.

*Disclaimer: Spartan Shredders are the sharpest peelers on the market comparable to a professional chefs' tool. Please use care when using near fingers. When storing, use the safety cap provided. To remove the cap, hold the top and bottom of the cap and pull straight off. Please ensure the blue plastic film is removed from the blade before use.*