

eRecipe Book

Zoodle Chef



Vegetable Spiralizer

Welcome

Hi. My name is Sam and I'm proud to say I'm responsible for the Zoodle Chef, the high quality spiralizer.

My life changed after I had my third child. I wanted to get healthy and fit for my family. I was 156lb and only 5ft2. For the past two years I have launched myself into fitness and healthy eating, both of which were very new to me.

I have always had a passion for baking, cooking and food in general, so I knew that had to be a big part of my lifestyle change.

I've never been a big fruit and vegetable fan so was so glad to be able to use a spirazlier to replace the amount of pasta I ate with great tasting and healthy vegetables. My kids think its great too, we've named the courgette noodles 'hulk noodles' in our house, as they give you great muscles!

Healthy eating and exercise is now an inbuilt part of my everyday lifestyle even after hitting my target weight of 110lb.

Life is for living and learning and I have certainly done a lot of that along the way and I now take great pleasure in helping others to start their journeys too.

My hope is that some these favorite recipes of mine will help inspire you in your quest for a happy and heathy lifestyle.

Enjoy :)

Sam

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This shows the equal amount of carbs in pasta and courgette noodles!



Chapter 1

How to Zoodle

Using the Zoodle Chef is really straight forward. It transforms big uninviting vegetables into exciting food ready to accept extra flavoring and style that enhances your eating pleasure.



How to use your Zoodle Chef Spiralizer



Step 1

Wash your vegetables, and if necessary peel.

Step 2

Cut off one end and push into your Zoodle Chef.

Step 3

Keeping your fingers away from the sharp blades, twist your vegetables and watch the noodles appear, use the opposite end to florette.

Step 4

Use the safety cap to hold the vegetables as they get nearer the Zoodle Chef, the blades are very sharp.

Step 5

Clean your Zoodle Chef with your stainless steel brush and warm soapy water.

The Zoodle Chef contains sharp blades. Care is required. Please keep away from children.

Your Zoodle Chef is great for spiralizing a wide range of vegetables and fruit including:-

- Carrot
- Courgette
- Sweet Potato (peel first)
- Potatoes (peel first)
- Cucumber
- Butternut Squash (peel first)
- Beetroot (peel first)
- Celeriac (peel first)
- Eggplant / Aubergine
- Apple
- Pear



Chapter 2

Salads

Some of my favorite Salads,
perfect for light lunches and
warm summer evenings, enjoy.



Salads

Tuna Salad

Super yummy salad, perfect for a picnic. I love to make a batch just for me then have left-overs for dinner. Will keep in the fridge for 24 hours



Serves 2

2 large whole eggs

1/4 tsp salt

2/3 cup nonfat plain Greek Yogurt

1/2 tbsp Dijon mustard

1/4 tsp garlic powder

1/2 cup chopped celery

2/3 cup drained canned tuna (in water)

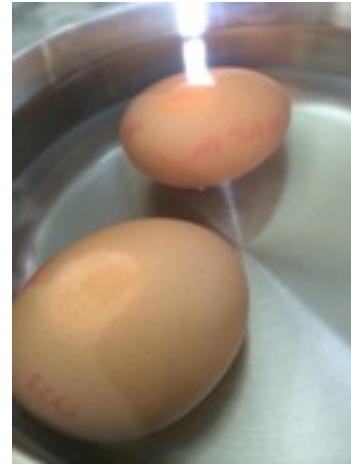
Salt and pepper to taste

1 medium cucumber, spiralized

1 medium courgette, spiralized

Place your eggs in a medium saucepan. Add water into the saucepan until the eggs are covered by about 1/2 inch. Add in 1/4 tsp of salt. Place a lid on the saucepan and turn up heat and bring to a boil.

Once the water is boiling, turn the heat off and let cook for 12 minutes. Once done, drain the eggs out carefully into a colander and then place in a bowl of cold water. Let cool for a few minutes and then peel each egg. Set aside.



While the eggs are cooking, prepare the pasta salad mixture. Add the Greek yogurt, Dijon mustard, garlic powder and celery into a bowl, season with salt and pepper and mix to combine.



Once the eggs are finished, dice them and add them to a bowl along with the tuna and spiralized cucumber and courgette noodles.



Pour the pasta salad mixture over the tuna and noodles and toss to combine thoroughly. Season with more pepper, if desired.

Salads

Greek Salad

My sons favourite lunch! He told me just to write “Delicious” nothing else needed!



Serves 1

1/2 cucumber, spiralized

1/4 of a green bell pepper, chopped

1/3 cup cherry tomatoes, halved

5 pitted olives

1 tbsp red onion, sliced

1/2 fresh lemon

1 oz fresh feta, sliced thick

1/2 tablespoon extra virgin olive oil

Salt and freshly ground black pepper

1/2 teaspoon fresh oregano leaves, chopped

Place the cucumber in a large mixing bowl along with the bell pepper, tomatoes, olives and red onion.



Squeeze half of the lemon over it, drizzle with half of the olive oil and toss with fresh oregano, salt and pepper. Place on a plate, top with a slice of feta and finish with remaining olive oil.



Main Meals



I know you will soon come to love these recipes and they will become firm family favorites.

Pad Thai with Sweet Potato Noodles

This is a delicious and very filling meal, I'm a huge Peanut Butter/ Satay fan so this is definitely in my top 5 all time meals! You could use the sauce recipe for lots of other stir-frys too. It reheats well if you have any left-overs.



Serves 2

Bean Sprouts (optional)

4 Small Sweet Potatoes, Spiralized

1 spring onion, cut into 1 inch pieces

Salted Cashews, crushed (or salted peanuts)

Sauce

3 TBSP Natural Peanut butter

3/4 tsp Tamarind Paste

2 TBSP Fish Sauce

1 TBSP Soy Sauce

1/3-1/4 tsp Crushed Red Chilli Flakes, depending
how spicy you want it

1/2 TBSP Rice Vinegar

3/4 Cup Coconut Palm Sugar/ stevia

2 1/2 TBSP Sesame Oil

2 TBSP Coconut Oil

In a saucepan mix together all sauce ingredients; Peanut butter, Tamarind paste, fish sauce, soy sauce, crushed chilli flakes, rice vinegar, coconut palm sugar/stevia, sesame oil, juice from 1 lime, onion powder, garlic powder, and water. Heat over medium heat until sugar has dissolved; set aside.



Add Sweet potato noodles, and bean sprouts to sauce and heat until noodles are cooked.

Sprinkle with crushed cashews and spring onions.



Creamy Vegetable Thai Red Coconut Curry with Sweet Potato Noodles

I really love curries and find this recipe so versatile for all the family, if I'm also cooking it for the kids I tend to adjust the curry paste a little. Its so quick and easy to prepare, definitely a great week-night meal, especially with the frozen veg.



Serves: 2-3

- 1 tbsp coconut oil
- 1 tsp minced garlic
- 1/2 tsp peeled & minced ginger
- 2-3 tbsp red curry paste
- 1 cup small cauliflower florets (I used frozen)
- 1 large red bell pepper, thinly sliced
- 1 handful of peas (I use frozen)
- 1 can coconut milk
- 1/2 cup vegetable stock
- 3 sweet potatoes (300g), peeled and spiralized

Place a large saucepan over medium heat and add in the coconut oil. Once oil heats, add in the garlic and ginger and cook for 30 seconds. Then add the curry paste, stir to combine and add the vegetables.



Cook the vegetables for 5 minutes, stirring frequently. Then, add coconut milk and bring to a boil.

Once the broth boils, add the sweet potato noodles. Cover, bring down to a simmer and let cook for 5-7 minutes or until sweet potato noodles are cooked to your consistency preference. When done stir and then ladle into bowls. Serve immediately.



Main Meals

Bolognese with Courgette Noodles

A yummy classic made extra tasty and secretly healthy!
Gorgeous weekday meal the whole family enjoys, even my 2 year old.



Serves 6

500g Fresh Beef Mince.

600g Courgette noodles (approx. 6 courgettes)

4 Rashers of Smoked Streaky Bacon, finely diced.

2 Tins of Plum/Chopped Tomatoes.

6 Fresh Cherry Tomatoes.

2 Medium Onions, peeled and finely diced.

2 Sticks of Celery, trimmed and finely diced.

2 Carrots, trimmed and finely diced.

2 Cloves of Garlic, peeled and finely diced.

1 Medium Chilli (optional), seeded and finely sliced

75g Freshly grated Parmesan Cheese, plus extra for grating over.

2 tbsp Tomato Puree

1 Beef Stock Cube.

Glass of red wine (optional)

2-3 Sprigs of Fresh Rosemary.

Handful of Fresh Basil, plus extra for Garnish.

1 tsp Dried Oregano.

1-2 Fresh Bay Leaves.

Olive oil.

Sea Salt and Black Pepper.

Take a large heavy-bottomed saucepan, and place it on a medium heat. Add a good lug of olive oil and gently fry your bacon until golden and crisp, then reduce the heat slightly and add your onions, carrots, celery and garlic. Next remove the leaves from the rosemary sprigs and add them to the pot. Move everything around and fry for around 8-10 minutes until the vegetables have softened.

Increase the heat slightly, add the mince and stir until the meat is browned all over.



Stir in your tins of tomatoes. Add your remaining herbs, tomato puree, stock cube, chilli and if using, the wine. Slice your cherry tomatoes in half and add them in as well.

Give everything a stir with a wooden spoon, breaking up the plum tomatoes as you go and bring to a gentle simmer. Reduce the heat to low-medium, put the lid on and leave simmering away for about an hour and 15 minutes until the flavours develop into a wonderfully rich tomato sauce. Stir occasionally.

Just as the sauce is nearly ready, add the parmesan and season to taste. Meanwhile put the noodles into a microwave safe bowl and microwave for approximately 1 minute per courgette. Once they are as tender as you like add them to the pan with the sauce. Give it all a good stir, coating the noodles in the lovely tomato sauce. Serve with a little grated parmesan and use the extra basil leaves to make a great little garnish (I took the photo before!)



Main Meals

Avocado Chicken Alfredo

This is another of my favorite week-night meals. As you can see from the amount of ingredients its super fast to make. You could even make the sauce ahead of time and warm when ready. I'm a huge fan of the traditional Chicken Alfredo but don't appreciate the calories, this recipe is just as delicious and extremely good for you.



Serves 2

1 large avocado, skin and stone removed

2 garlic cloves

Juice of half a lemon

1/2 teaspoon salt

1/4 teaspoon pepper

Small handful of fresh basil

1/4 cup milk

250g cooked chicken breast (I use store bought)

400g courgette noodles, approximately 4 courgettes

Combine all ingredients, except the chicken and noodles, in a food processor and blend until smooth.



Add noodles to a microwave safe bowl and cook for approximately 1 minute per courgette or to your taste.

Mix in the sauce and top with the chicken breast



I then give it all a good stir.

Main Meals

Sam's Go-To Lunch

This is my daily Go-To Lunch! A big favorite of mine and my 11 year old son! It works great with or without the salmon. Literally, this meal takes less than 5 minutes to make. Check out the fail safe poaching method too.



Serves 1

200g courgette noodles

35g Carrot noodles

2 eggs

40g low fat cream cheese, I love the garlic and herb flavour

40g salmon

Salt and pepper to taste

Splash of white vinegar

Pop the noodles in a microwave safe bowl and cook until soft, approximately 3 minutes.

While they are cooking heat a pan of water to a simmer and turn down the heat

Add a splash of white vinegar and add your eggs, whole. Leave for 20 seconds.

Remove the eggs and crack into the water, leave for 3 minutes.

Remove the eggs with a slotted spoon and place on the noodles. Add in your cream cheese and salmon, season well.

I sometimes use regular cheddar, swap the salmon for bacon, depends on how I'm feeling but this is my daily lunch!

Enjoy!



Chapter 3

Sweets & Sides



Delicious versatile recipes that
pack a flavour punch!

Cinnamon Sweet Potatoes

Who doesn't love sweet buttery potatoes! In this house we like to enjoy them as a side with our BBQ. But they would work just as well as a dessert with cold vanilla ice cream, as discovered by my kids.



2 medium sweet potatoes, peeled and spiralized

½ tsp of cinnamon

½ Tbs butter

optional ½ tsp brown sugar

Place spiralized potatoes in a large microwave safe bowl and cook for 3 minutes, until soft.

Add butter and cinnamon (and brown sugar if using) and stir.

Serve and enjoy!

