



# THE SPIRAL CHEF RECIPE BOOK

EAT HEALTHIER USING YOUR SPIRAL CHEF



**SPIRAL CHEF**  
OUT THERE

***The Spiral Chef Recipe Ebook***  
***Spiral Chef Team***

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## Zucchini Pizza Crust Instructions:

Bake amazing zucchini pizza crust every time, all you need to do is mix up all your ingredients in a large bowl and pre-bake it for 7-8 minutes until the top and bottom starts to turn golden brown.

### Ingredients:

- 10 cups shredded zucchini noodles
  - 2 cups shredded fresh mozzarella cheese
  - 1/2 cup finely grated fresh parmesan cheese
  - 2/3 cup flour (sub almond flour/coconut flour)
  - 2 cloves garlic, minced
  - 2 tsp dried oregano
  - 2 tsp basil
  - 2 eggs, beaten
  - 1 tsp Kosher salt
1. Preheat the oven to 425 degrees F. Line a flat cookie sheet or pizza pan with parchment paper. Spray parchment paper with nonstick spray. Once the pizza crust has been shaped, transfer the crust on the parchment paper onto the heated **baking stone** in the oven.
  2. In a medium bowl, combine zucchini, eggs, flour, cheeses, 1 teaspoon Kosher salt, oil and seasoning and set aside for 15 minutes. Mix well.
  3. Pat your zucchini mixture into a thin, round pizza crust – 12 to 14 inches in diameter.
  4. Bake 25 minutes, or until the crust begins to get golden brown. Remove the crust from the oven and flip it over. Return it to the oven for an additional 7 minutes (watch to make sure it's not becoming too browned). Remove the crust from the oven and add the toppings that you'd like.
  5. Once the toppings are on, transfer the pizza on the parchment paper back onto the heated pizza stone/flat cookie sheet in the oven and bake for an additional 4 minutes until cheeses are melted and everything is heated through. Slice and eat!

## Spiral Chef - Thai Peanut Sauce Recipe #2

### Thai Peanut Sauce Ingredients:

1/2 cup organic peanut butter crunchy

1 (8-ounce) can coconut milk

2 tablespoon minced ginger

1/2 cup of Agave Nectar or Organic raw coconut sugar (to taste)

1/2 cup fresh lime juice

1 garlic cloves, pressed

2 tablespoons of Kosher salt

1/3 cup Coconut Aminos (A healthy potential alternative to soy sauce)

4 tablespoons of Siracha, Cheyenne or Crushed Red Peppers

### Directions:

In your blender, mix the peanut butter, coconut milk, minced ginger, pressed garlic, agave nectar or raw coconut sugar, lime juice, kosher salt, coconut aminos, to taste, siracha or red pepper flakes, to taste together until the texture is nice smooth and well blended.

# Spiral Chef - Zucchini Noodles and Meatball Recipe #3

Zucchini Noodles And Meatballs – You will need a spiralizer, a pan, and good quality sea salt.

## Ingredients

- 4 zucchini
- butter, coconut oil or ghee, I prefer butter for this one 😊
- 1/3 cup dried cranberries
- 1/3 cup walnuts
- sea salt
- freshly ground pepper

**An easy and nutritious side dish, or add meatballs and make it a main course.**

- *Author: Linda Spiker*
- Recipe type: Side dish (with meatball option)
- Serves: 2

## Instructions

1. Run zucchini through the spiralizer using smallest blade. Place medium size pan on medium heat.
2. Add enough butter, coconut oil or ghee in a pan so when melted entire bottom of pan is coated.
3. When pan and oil is hot add zucchini and saute for 5-6 minutes. Add cranberries and walnuts.
4. Cook for 1 more minute, stirring frequently. Sprinkle with salt and pepper.
5. Serve.

# Spiral Chef - Habanero and Cilantro Zucchini Pasta Recipe #4

## Ingredients:

- 1 lb. of Spiral Chef™ -Made Zucchini Pasta
- 1/2 cup of Extra-Virgin Olive Oil
- 3 cloves garlic, chopped or minced
- 2 Habanero, minced
- 2 cups of fresh cilantro, chopped
- 2 Limes or lemons
- 1/3 cup of orange juice
- 1 tablespoon of kosher salt

## Direction:

**In a large bowl, mix 4 tablespoons of the minced habanero, 2 cups of fresh cilantro, chopped, 1/3 cup fresh orange juice, 1/4 cup of fresh lime juice, and 3 tablespoon extra-virgin olive oil. 1 tablespoon of kosher salt.**

**Mix gently. Add another habanero to taste, if desired. Slowly pour the sauce over hot or cold, over the 1 lb. of Spiral Chef™ -Made Zucchini Pasta. Mix gently and serve.**

# **Spiral Chef - Easy Steps to Making Homemade Habanero Vinaigrette**

## **Recipe #5**

### ***Ingredients:***

- **1/4 cup white-wine vinegar**
- **1 tablespoon Dijon mustard**
- **1 fresh habanero chili, minced**
- **2 tablespoon minced garlic**
- **1/4 cup finely grated Parmesan**
- **1/4 teaspoon Kosher salt**
- **1 tablespoon of freshly ground black pepper**
- **2 teaspoons dark brown sugar, optional\***
- **3/4 cup extra-virgin olive oil**

### **Directions:**

**In a medium bowl, whisk together 1/4 cup white-wine vinegar, 1 freshly minced habanero, 1 tablespoon Dijon mustard, 1/4 teaspoon Kosher salt, 1 tablespoon pepper, and a pinch of dark brown sugar, optional\***

**Add 3/4 cup extra-virgin olive oil slowly, stirring until mixed well. Or shake the ingredients in a jar, or mix in your blender.**

# Spiral Chef - Zucchini Crust Pizza Recipe #6

## Zucchini Pizza Crust Instructions:

Bake amazing zucchini pizza crust every time, all you need to do is mix up all your ingredients in a large bowl and pre-bake it for 7-8 minutes until the top and bottom starts to turn golden brown.

## Ingredients:

- 10 cups shredded zucchini noodles
  - 2 cups shredded fresh mozzarella cheese
  - 1/2 cup finely grated fresh parmesan cheese
  - 2/3 cup flour (sub almond flour/coconut flour)
  - 2 cloves garlic, minced
  - 2 tsp dried oregano
  - 2 tsp basil
  - 2 eggs, beaten
  - 1 tsp Kosher salt
1. Preheat the oven to 425 degrees F. Line a flat cookie sheet or pizza pan with parchment paper. Spray parchment paper with nonstick spray. Once the pizza crust has been shaped, transfer the crust on the parchment paper onto the heated **baking stone** in the oven.
  2. In a medium bowl, combine zucchini, eggs, flour, cheeses, 1 teaspoon Kosher salt, oil and seasoning and set aside for 15 minutes. Mix well.
  3. Pat your zucchini mixture into a thin, round pizza crust – 12 to 14 inches in diameter.
  4. Bake 25 minutes, or until the crust begins to get golden brown. Remove the crust from the oven and flip it over. Return it to the oven for an additional 7 minutes (watch to make sure it's not becoming too browned). Remove the crust from the oven and add the toppings that you'd like.
  5. Once the toppings are on, transfer the pizza on the parchment paper back onto the heated pizza stone/flat cookie sheet in the oven and bake for an additional 4 minutes until cheeses are melted and everything is heated through. Slice and eat!

# Spiral Chef™ Spiralizer -Made Spaghetti Style Zucchini Noodles Recipe #7

Here's what you need to do to prepare spaghetti style zucchini noodles.. Original recipe makes 8 servings.

**Prep time: 20 minutes. Ready in: 45 minutes.**

- 8 zucchini, Spiral Chef™ Spiralizer -Made Spaghetti Style Zucchini Noodles.
- Press the zucchini against the blade of the Spiral Chef™ and turn just like a pencil sharpener. As you turn and press on the zucchini, thin spirals should come out of the other end of the blade.
- **(Primarily, the zucchini peel offers extra fiber, and dietary fiber can help regulate your digestive system.)**
- 1 1/2 pounds ground beef
- 1 white onion, diced
- 2 tablespoon extra-virgin olive oil
- 1 1/2 cup sliced mushrooms
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (14.5 ounce) can stewed tomatoes
- 1 (8 ounce) can crushed tomatoes
- 1/4 clove of garlic, minced
- 1/4 cup chopped fresh basil, or to taste
- 1/4 cup chopped fresh oregano, or to taste
- 1/4 cup chopped fresh thyme, or to taste
- 2 tablespoon cheyenne pepper, or to taste
- 1/2 cup extra-virgin olive oil, divided
- Kosher salt; to taste

**Raw – Serve cold**

**Boil – 4-6 mins**

**Saute' – Medium Heat: 3-5 mins**

## Directions:

- Bring a saucepan of water to a boil. Fill a medium saucepan between 1/2 and 2/3 full

**with water. Place it on the stove and heat it over medium-high until the water reaches a rolling boil. Add Kosher salt.**

- **After the water reaches a boil, add a generous amount of salt to the water. The zucchini will absorb the salt as it cooks, thereby becoming flavored on both the inside and outside. You can add salt before the water reaches a boil, but doing so will cause the water to take a longer amount of time to reach a steady boil.**
- **While zucchini is boiling, cook and stir ground beef and onions in a skillet over medium-high heat until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Set beef aside.**
- **Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir mushrooms, green and red bell peppers, both amounts of crushed tomatoes, basil, oregano and thyme. Simmer over medium heat until vegetables are cooked through and tender, about 10 minutes. Add the ground beef and onions; stir to combine. Simmer on low heat, stirring occasionally, while you finish preparing your zucchini spaghetti noodles.**
- **Divide onto 8 plates. Drizzle each serving of spaghetti with 1 tablespoon extra-virgin olive oil and top each serving with a generous amount of meat sauce.**

## Spiral Chef - Carrot Salad with Raisins Recipe #8

***This traditional carrot salad comes with a little twist... coconut, and is one of my favorites. It's fun to eat because of its crunchy texture, and the raisins give a slightly sweet flavor. Plus, your total prep time: 10 min.***

### **Ingredients:**

- 1 cup **Spectrum Naturals Olive Oil Mayonnaise**
- 2 tablespoon fresh lemon juice
- 4 cups Spiral Chef™ spiralized carrots
- 1/2 cup shredded organic coconut
- 3/4 to 1/2 cup organic raisins
- Yield: 8 servings

**(Optional adding diced apples, chopped walnuts and pineapples)**

### **Directions:**

- In medium bowl combine mayonnaise and lemon juice.
- Add carrots and raisins and shredded organic coconut
- Toss to coat well.
- Cover and Chill for 2hrs and Serve

# Spiral Chef - Mango Pineapple Habanero Chutney Recipe #9

## Ingredients:

- 2 tbsp olive oil, 1 large onion, minced,
- 6" – piece of fresh ginger roots, peeled and minced,
- 1 1/2 cups chopped habanero minced or to taste,
- 1/2 large red bell peppers, diced,
- 1/2 large yellow bell pepper, diced,
- 1 large pineapple, peeled, reserve any juice,
- 1/4 teaspoon kosher salt,
- 2 1/2 cups or 3 mangos, peeled, then diced,
- 1/2 cup pure cane or brown sugar, packed,
- 1 1/2 tbsp. organic curry powder, and finely chopped
- 1 1/2 clove minced garlic,
- 1/2 cup apple cider vinegar.

## Instructions:

**In a large sauce pan, heat oil over medium heat. Add onion, Habanero peppers. Stir to combine. Reduce heat to low, cover, and cook until onions have softened, about 15 to 20 minutes, stirring occasionally. Do not brown onions.**

- Remove the lid, increase the heat to medium, and stir in the ginger, red bell pepper and yellow bell pepper.

**Cook the vegetables, stirring continuously, for 2 to 3 minutes. Add pineapple and any juice, pure cane sugar, freshly ground black pepper, curry powder and vinegar, and stir to combine. Simmer 30 minutes, stirring frequently. Remove from heat and allow chutney to cool completely. Store in airtight containers in the refrigerator.**

# Spiral Chef - Vegetarian Summer Salad Recipe #10

## Ingredients:

- 4 Medium Carrots
- 2 Medium Zucchini
- Fresh Green Beans
- Celery

## Instructions:

- 1 cup Spiral Chef spiralized carrots
- 1 cup spiralized zucchini
- 1 cup green beans, cut into 1 1/2' pieces
- 1 cup celery, cut into strips
- Salt & freshly ground pepper to taste
- In a medium bowl combine carrots, zucchini, green beans and celery; toss lightly to mix
- Add Lemon Vinaigrette; toss to mix. Add salt & pepper. Cover Refrigerate until serving time.
- Makes 6 (2/3 cup) servings

## Lemon Vinaigrette:

- 1/4 cup fresh lemon juice
- 2 tbsp. fresh parsley, chopped or 1 tbsp. dried parsley
- 2 tbsp. green onion top or fresh chives, chopped
- 1 tbsp. olive oil
- 1 clove garlic, minced
- In a small bowl combine lemon juice, parsley, green onion tops, olive oil and garlic; mix well

# Spiral Chef - Turn your Beets into Noodles Recipe #11

## Ready to turn up the Beet?

- 4 med sized beets, spiralized or use your cheese grater if your beets are big! :)
- 1/2 avocado as garnish
- 2 teaspoons sesame seeds
- 2 teaspoons fresh minced ginger
- Add Cilantro as garnish
- 2 cups fresh squeezed lemon juice
- 1 cup cold-pressed olive oil

**Place your spiralized beets in a large bowl and drizzle the dressing on top. Mix well to combine and garnish with a sesame seeds, avocado, and cilantro.**

# Spiral Chef - Rainbow Spiral Zucchini Salad Recipe #12

## Ingredients:

- 1/2 lb of freshly chopped kale
- 3 zucchini's
- 4 celery sticks
- 2 cups of fresh shaved corn (None GMO)
- 1/3 onion chopped or 2 jalapenos diced
- 1 cup fresh pineapple small cubed
- 1 third cup dried raisins
- 4 ounces good quality goat cheese crumbled
- Fresh ground pepper to taste
- 2 tablespoons cold-pressed extra virgin olive oil
- 5 tablespoons of good balsamic vinegar
- 1 cup cottage cheese
- 2 cucumber, sliced
- 3 med sized carrots

## Instructions:

1. Lay the freshly chopped Kale on a large serving platter.
2. Using the Spiral Chef make zucchini noodles, slice the cucumber, and spiralize the carrots.
3. Place on top of Kale. Chop the celery in 1/4 inch pieces. Crumble the goat cheese.
4. Add remaining ingredients and toss with the oil and vinegar.

# Spiral Chef - Macaroni and Cheese Zucchini Recipe #13

## Ingredients:

- 3 to 4 medium organic zucchini
- 1/3 cup fresh parmesan cheese
- 2 cups of Vegan Cheddar Cheese or Non-Vegan Shredded Cheddar

## Instructions:

1. Use the Spiral Chef – vegetable spiralizer to create “noodles” that are more like spaghetti.
2. Transfer to a serving container and combine with enough of the sauce to coat the zucchini noodles generously, but don’t drown it!
3. You’re more than welcome to warm the dish very gently on the stove top, or serve at room temperature.

## **Spiral Chef - Jalapeno Bacon and Zucchini Noodle Salad Recipe #14**

**Zucchini noodles made from fresh zucchini and mixed with bacon, jalapenos, cherry tomatoes and goat cheese. Topped with cilantro and a simple olive oil and lemon dressing.**

### **Ingredients:**

- 4 zucchini, spiralized
- 8 – 10 pieces cooked bacon, chopped
- 2 cups of crumbled goat cheese
- 2 fresh jalapenos, thinly sliced
- 2 boxes of cherry tomatoes, halved
- For the dressing
- 1 tablespoon coconut oil
- 1 cup lemon juice
- Kosher Salt
- Fresh ground pepper, to taste

### **Instructions:**

**Mix all the ingredients together well and serve immediately.**

# Spiral Chef - Rainbow Zoodles Recipe #15

## Ingredients:

- 4 large orange carrots
- 4 large maroon carrots
- 2 zucchini
- 2 small or medium parsnip
- 2 red or green apples, chopped or sliced
- 1 ginger root, minced
- 1/2 cup raisins
- 1 tablespoons apple cider vinegar
- 4 tablespoons agave sugar
- 2 tablespoons coconut oil
- 1 teaspoon kosher salt
- 2 tablespoons fresh ground pepper

## Instructions:

1. Spiralize the vegetables with your Spiral Chef and the apples use another shredding tool/cheese grater.
2. Add the minced ginger 1/4 teaspoon at a time. (to taste.)
3. Combine everything in a medium bowl, and toss with raisins
4. Mix together vinegar, agave sugar, coconut oil and season with kosher salt and freshly ground pepper. (to taste.)
5. Pour dressing over salad and toss to coat well. Chill for about 20 minutes, and serve.

# Spiral Chef - Carrot and Zucchini Spaghetti Recipe #16

## Ingredients:

- 8 carrots
- 4 zucchini
- 2 tablespoons butter
- 2 tablespoon olive
- 1 teaspoon of butter
- 1 clove garlic, grated (optional)
- 1 finely chopped jalapeno (optional)
- 1 teaspoon Kosher salt
- 2 teaspoons of freshly ground pepper
- 1 tsp coconut sugar/agave sugar
- 2 pinches of cinnamon
- 1/2 cup of lime or lemon juice
- 2 tablespoons fresh chopped basil leaves

## Instructions:

1. Use your Spiral Chef to create long zucchini and carrot spirals.
2. Next add the olive oil and 1 teaspoon of butter and fry the, garlic and finely chopped jalapenos.
3. After a while, add the carrots and zucchini spaghetti, dredge it thoroughly in your spices. Add the agave sugar, kosher salt, finely chopped jalapeno, fresh ground pepper and cinnamon and lime/lemon juice.
4. Mix thoroughly in a large bowl. At the end, add another tablespoon of butter and cook for about 2 minutes.
5. Carrots should be cooked for about 4 to 5 minutes.
6. Remove from heat and sprinkle with the fresh chopped basil leaves.
7. Serve Spaghetti warm, garnish with cilantro.

# Spiral Chef - Carrot Almond Salad Recipe #17

## Ingredients:

- 1 cup organic raisins
- 1/2 cups raw almonds
- 1/4 cup fresh orange juice (or 2 tbsp. lemon juice)
- 1/4 cup plain **coconut milk** (or other non-dairy milk)
- 1 pound carrots
- Kosher salt (to taste.)

## Instructions:

- 1.** Place the 1/2 cup of raisins in a bowl and cover with the 1/2 cup crushed almonds, the orange juice, and the coconut milk in your blender and blend on high speed until completely liquefied.
- 2.** Use your Spiral Chef to spiralize the carrots into spirals.
- 3.** Next place carrots spirals in a large bowl, stir in the almond cream, and add kosher salt to taste. Add in the remaining raisins and crushed almonds. Refrigerate for at least 30 minutes.
- 4.** Stir before before serving.

# Spiral Chef - Bacon and Avocado Dressing Recipe #18

## Ingredients:

1 cup fresh lemon juice

1/4 cup extra virgin olive oil

1 1/2 cup mashed avocado (3 medium avocados)

1 cup fresh cilantro, finely chopped

5 Strips of cooked bacon, chopped

1 teaspoon Kosher salt

## Instructions:

1. Combine all of the ingredients in your blender or food processor until nice and creamy. Give it a taste and adjust ingredients, if desired.
2. Slowly pour your avocado dressing over your Spiral Chef made spiralized zucchini noodles and mix well.
3. Add chopped bacon and fresh ground pepper to taste.
4. Serve dressing cold or hot.

# Spiral Chef - Zucchini Pasta with Leeks Recipe #19

## Ingredients:

- 3 zucchini, spiralized into zucchini pasta
- 1 cup leeks, finely chopped
- 7 stalks romaine, finely chopped
- 1/2 cup lemon juice
- 3 avocados
- 2 teaspoons of sesame seeds to sprinkle on top
- 2 teaspoons of Kosher salt
- 1 tablespoon of fresh ground pepper

## Instructions:

1. Combine everything together in a large bowl!
2. Serve hot or cold

# Spiral Chef - Raw Creamy Cilantro Alfredo Recipe #20

## Ingredients:

- 3 zucchini, spiralized with your Spiral Chef.

## Raw Creamy Cilantro Sauce

- 1 cup almonds
- 1 cup lemon juice
- 1 tablespoon kosher salt
- fresh ground pepper
- 2 cloves garlic, minced
- 4 cups of finely cilantro (more if you prefer)
- 1/2 – 1 cup Water

## Instructions:

1. Throw all sauce ingredients your blender with about 1/3 cup water, adding more water slowly until the desire consistency is met, less water it will be thicker.
2. Finely chop 1- 2 cilantro bushels and stir into the mixture or add in and blend lightly.. just once or twice.
3. Pour the sauce over your zucchini noodles and enjoy.

# Spiral Chef - Cilantro Mango Zucchini Salad Recipe #21

## Ingredients:

- 4 zucchinis – for noodles

## Sauce Ingredients:

- 2 cups fresh cut mango
- 1 cup packed fresh cilantro leaves
- 3 tablespoons tahini
- 1/2 cup of lemon juice
- 1/2 cup of feta cheese or goat cheese
- 4 tablespoons of balsamic vinegar
- 2 teaspoons onion powder
- 1 clove garlic, minced
- 3 tablespoons of coconut nectar, to taste
- 1 tablespoon kosher salt
- 2 tablespoons of fresh ground black pepper
- 2 tablespoon miso paste
- 1 teaspoon of paprika and coriander, to taste
- Add water, as needed

## Instructions:

### Prepare to make the noodles:

1. Spiralize the 3 zucchinis with your Spiral Chef. Put in a large bowl and set aside.

### To make the sauce:

1. Blend all the ingredients together until smooth and thick, adjusting according to taste.
2. Mix into your noodles and let them sit for 5 minutes.
3. Top off with feta/goat cheese, fresh parma and cilantro and enjoy.

# Spiral Chef - Sweet and Spicy Zucchini Noodles Recipe #22

## Ingredients:

- 4 large zucchini's
- 1 cup cherry tomatoes
- 1/2 clove garlic, minced
- 1/2 cup feta cheese
- 2 large handfuls organic arugula
- 2 tablespoons red wine vinegar
- 1/2 cup extra-virgin olive oil
- 3 tablespoons of crushed red peppers
- 3 tablespoons of agave or coconut nectar, to taste
- 1 orange, juiced
- 1 teaspoon garlic, minced
- Kosher Salt
- Freshly ground black pepper, to taste

## Instructions:

1. Place the zucchini's into the Spiral Chef spiralizer. Repeat step with the remaining zucchini.
2. Put your zucchini noodles a large bowl, add all the tomatoes, arugula and feta cheese.

## Dressing Ingredients:

1. In a separate bowl, combine the remaining ingredients to make the dressing.
2. Using a wire whisk, mix the dressing until your ingredients are mixed well.
3. Pour over the top of your zucchini noodles.
4. Serve immediately.

# Spiral Chef - Zucchini Noodles with Cherry Tomatoes Recipe #23

## Ingredients:

- 2 zucchini
- 1 heaped cup of small tomatoes, halved
- 1/3 cup of balsamic vinegar
- 1/3 cup fresh parmesan cheese
- 3 tablespoons of extra virgin olive oil
- 1 tablespoon, minced garlic
- 1/3 cup of cilantro, finely sliced
- Kosher salt
- Fresh ground pepper
- Handful chopped walnuts or almonds

## Instructions:

1. In a small bowl, combine the halved tomatoes, balsamic vinegar, olive oil, garlic, basil, salt and pepper. Toss lightly to combine and set aside for 5 minutes or so.
2. Using your Spiral Chef spiralize the zucchini into long strands.
3. Place noodles into a large bowl and toss them with a bit more olive oil, balsamic vinegar and salt and pepper.
4. Add the tomatoes on top of the zucchini strands and the parmesan cheese. Garnish with cilantro and chopped walnuts.

# Spiral Chef - Cucumber Noodles and Spicy Thai Peanut Sauce Recipe #24

## Ingredients:

- 2 medium size cucumbers
- 2 small bunches bok choy

## Thai Peanut Sauce:

- 1/2 cup **organic peanut butter crunchy**
- 1 (8-ounce) can coconut milk
- 2 tablespoon minced ginger
- 1/2 cup of **Agave Nectar** or Organic raw coconut sugar (to taste)
- 1/2 cup fresh lime juice
- 1 garlic cloves, pressed
- 2 tablespoons of Kosher salt
- 1/3 cup **Coconut Aminos** (A healthy potential alternative to soy sauce)
- 4 tablespoons of Siracha, or 1/2 tablespoon chili oil (+ more for extra heat!)

## Spicy Thai Peanut Sauce Directions:

1. In your blender, mix the peanut butter, coconut milk, minced ginger, pressed garlic, agave nectar or raw coconut sugar, lime juice, kosher salt, coconut aminos, to taste, siracha or chili oil, to taste together until the texture is nice smooth and well blended.
2. Chill in refrigerator while you prepare the cucumber noodles.
3. Chop bok choy into thin slivers, chop cilantro and peanuts for garnish
4. Run the cucumbers through a **Spiral Chef spiralizer** (or julienne them if you prefer!)
5. Squeeze out as much liquid out of the cucumber noodles as possible, and combine with bok choy in your large bowl
6. Add your spicy peanut sauce, to the cucumber noodles and bok choy (add water to the sauce if needed)
7. Serve immediately garnished with cilantro and chopped peanuts
- 8.

# Spiral Chef - Sweet Potato Noodles with Red Peppers Recipe #25

## Roasted Red Pepper "Cream" Sauce

- Makes about 3 cups

### Ingredients:

- 8 medium size sweet potatoes
- 2 cups of steamed sweet potato chunks
- 1 cup coconut milk (non-dairy milk of choice)
- 2 teaspoon dried basil
- 2 cloves garlic, minced
- 1 roasted red pepper
- 1 tablespoon of crushed red peppers
- 1 teaspoon of kosher salt

### Directions:

- Throw all ingredients into a blender until smooth and creamy. Adjust seasonings to taste.
1. While your roasted red peppers are steaming away for the sauce! Start spiralizing noodles out of 8 medium sized raw sweet potatoes, using a Spiral Chef spiralizer or you could also use a vegetable peeler to make fettucinni-like noodles.
  2. This gives you time to add sweet potato noodles to a medium size-bowl to determining your portion sizes.
  3. Next add in the sweet potato noodles, and cook just long enough for them to get slightly tender.
  4. Immediately add the cream sauce, and well coat the noodles.
  5. For 1 minute– steam the noodles and heats everything thoroughly
  6. Serve immediately.

