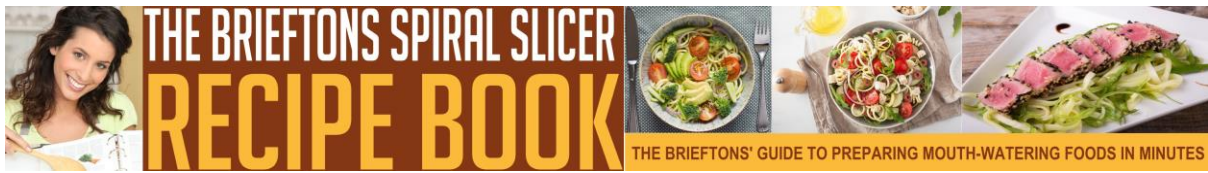


# THE BRIEFTONS SPIRAL SLICER RECIPE BOOK

EASY, TASTY RAW FOOD RECIPES FOR A HEALTHIER YOU!



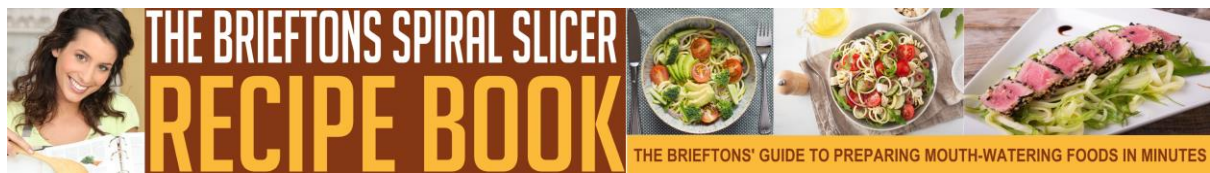
BRIEFTONS



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## INTRODUCTION

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Welcome to the exciting world of healthy eating with raw and living foods! The goal of this recipe book is to share with you quick, easy, nutritious and wholesome ways of preparing fresh, healthy and delicious dishes from vegetables. This is an idea whose time has come, and made possible by the availability of time saving kitchen tools, such as the [Brieftons spiralizer](#) product suite.

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## THE BENEFITS OF SPIRALIZING

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A spiralizer is an affordable, easy-to-use tool to create a variety of different noodles and ribbons from vegetables and fruits. It is ideal for health-conscious cooks, as it can help you prepare healthy vegetable meals quickly.

It's a great way to reduce your intake of refined carbohydrates, such as rice, pasta or spaghetti, and replace those with healthier alternatives from spiralized fruits and vegetables. You can enjoy your meals without loading up on the carbs and calories.

Spiralizing is quick, fun, and easy enough to do, that you will find yourself eating more vegetables and fruits. And if you follow special diets, such as raw, vegan, no carb, low carb, gluten-free, no wheat, Paleo, a spiralizer will help you prepare a more diverse variety of interesting dishes to help you stick to your diet regimen.

Spiralizing can also reduce cooking time because many fruits and vegetables, when spiralized, can be had raw or just cooked lightly. This means all the best nutrients are retained in the food, thereby giving you the best health benefits, while saving you both time and money.





## WHO IS THIS RECIPE BOOK FOR?

The fact you have in your hands this Brieftons Spiral Slicer Recipe Book means you may have bought one of our spiralizer products in the past, or are considering buying one. This recipe book serves as a great companion to such a kitchen tool.

A spiralizer can do wonders to your vegetables and fruits, however this recipe book takes it to the next level, and with it you will be able to quickly and easily add variety to your diet and impress friends, family and even yourself with beautiful looking, delicious dishes.

This is a chance to see a whole new world of fresh new recipes and dishes, and explore the many health benefits that they can bring to you. Straight from the Brieftons kitchen to yours. Enjoy these recipes!



## TOOLS THAT WE USED

For recipes in this book, we used a number of Brieftons kitchen tools to prep the foods.

### Spiralizer



We used the [Brieftons 7-Blade Spiralizer](#) with 7 interchangeable blades to create various noodle/pasta sizes. The 7 blades can create 2mm angel-hair noodles, 3mm spaghetti, 5mm fettuccine, 12mm papardelle, ribbons, wavy crinkle chips, and true-sized 4mm x 5.5mm curly fries. Each recipe will indicate a particular blade size you should be using.

If you have a different spiralizer model, please feel free to choose a blade that most closely matches our indicated blade size. Experimenting is key!

### Food Chopper



We also use the [Brieftons Express Food Chopper](#) to quickly and conveniently chop garlic, onion and other herbs.





## 01. CUCUMBER NOODLES WITH ASPARAGUS AND GINGER SCALLION SESAME SAUCE

---

Cucumber noodles are the perfect alternative to gluten/egg based noodles. They can be eaten raw or cooked, and they are healthy, cheap and filling. Perfect for vegans, low carbers, and anyone who is trying to get healthy or lose weight. This recipe is simple, delicious and packed with flavor. It is also vegan, vegetarian, paleo and gluten free.





TOTAL TIME: 25 MINS

SERVES: 2 - 4

### Ingredients

- 2 to 3 small or medium spring onions or scallions, finely sliced
- 2 thumbs of fresh ginger, peeled and finely grated
- 1 teaspoon sesame oil
- 2 Tablespoons extra virgin, cold pressed olive oil (mildly flavored)
- 1<sup>1/2</sup> Tablespoons tamari (gluten free) or light soy sauce
- 2 to 3 stalks asparagus, diagonally sliced
- 2 large English cucumbers or 4 small Turkish cucumbers, peeled and spiralized into 2mm or 3mm-wide noodles
- Sea salt (adjust to taste)

### Optional

- 1/4 teaspoon chili, finely chopped
- 2 Tablespoons sesame seeds, lightly toasted

### Instructions

Put the spring onions, ginger, sesame oil, olive oil and tamari into a large bowl. Mix until well combined. Add salt to taste.

Now prepare the asparagus. Boil salted water in a pot, then place asparagus into the pot for a maximum of 2 minutes, until slightly cooked. Strain off excess water, and plunge into cold water.

Pour the sauce over the cucumber noodles, making sure they are fully coated. Add the asparagus. As an option, garnish with the sesame seeds and chopped chili. Serve with a side salad or on its own. Enjoy!



## 02. CUCUMBER NOODLES WITH LEMON-GARLIC SPICY SHRIMP

---

This dish is quick and easy, with an oriental twist. These cucumber noodles with lemon-garlic spicy shrimp will leave you salivating for more. This is the perfect dish for low carbers and paleo dieters, as it is gluten free and very low in calories. This is excellent for busy, working parents, students or anyone with little time on their hands. Bon appetite!







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TOTAL TIME: 10 MINS

SERVES: 1

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## Ingredients

- 1<sup>1/2</sup> teaspoons extra virgin olive oil
- 4 Oz shrimp, with veins removed and peeled
- 2 medium cloves garlic, finely chopped
- 1 large cucumber, spiralized into 2mm or 3mm-wide noodles
- 1/4 fresh lemon
- Salt & black pepper to taste

## Optional

- 1/4 teaspoon fresh red chili
- 1/2 cup cherry tomatoes, roughly chopped

## Instructions

Place a large non-stick frying pan over medium heat. Pour 1 teaspoon of the olive oil into the pan. Place the shrimp in the pan and add a pinch of salt and pepper. Stir for 3 minutes, add the garlic and stir for a further 1 minute. The shrimp should no longer be transparent. Place onto greaseproof paper.

Pour the rest of the oil into the pan, as well as the garlic. Stir quickly for 30 seconds, place the cucumber noodles in the pan and cook a little further. As an option, add the roughly chopped tomatoes and fresh chili to the pan. Add back the cooked shrimp. Squeeze a dash of lemon juice over the noodles and serve hot.





### 03. RAW SPIRALIZED CUCUMBER PASTA WITH AVOCADO AND WALNUT PESTO

---

For the pesto lovers out there who want the flavor minus the extra calories, this is for you! This delicious raw spiralized cucumber pasta dish does not only burst with flavor and texture, it is super healthy too. It is also simple and very quick to prepare.



TOTAL TIME: 10 MINS

SERVES: 2 - 4

## Ingredients

- 2 large cucumbers, spiralized into 2mm or 3mm-wide noodles
- 1 medium ripe avocado, peeled and sliced
- ¼ cup walnuts
- 1 Tablespoon lemon or lime juice
- 2 small cloves garlic
- ¼ cup extra-virgin cold pressed olive oil
- Small handful of basil, roughly chopped
- Sea salt and black pepper to taste
- Handful crushed walnuts to garnish

## Optional

- ½ cup green peas (fresh or frozen)
- 7 asparagus fingers
- ½ cup feta cheese, chopped (use vegan alternative cheese if vegan)

## Instructions

### *For the Pesto*

De-stem the basil. Place the basil, avocado, lemon juice, walnuts, garlic, salt and pepper into a food processor. Use the pulse function to process until well combined but still slightly chunky. Pour the olive oil in, and pulse further until thick and smooth. Garnish with black pepper according to your taste.

### *For the optional Peas and Asparagus*

Boil water and add a pinch of salt to the water. Place the vegetables in the water and leave to boil for about a minute. Strain, and set the vegetables aside.

### *To Assemble*

Pour the pesto onto the cucumber noodles and mix until fully combined. Garnish with peas, asparagus, feta and walnuts.





## 04. CARROT, ALMOND AND FETA SALAD

This scrumptious salad will certainly tickle your taste buds. The combination of sweet and savory is both tasty, and satisfying. The carrots add a refreshing twist, whilst the date and feta give you that sweet and savory mix, the almonds give a bit of extra crunch and texture to the dish. It is great as a delicious side dish to accompany a healthy main meal.





---

TOTAL TIME: 25 MINS

SERVES: 4

---

### Ingredients

- 3 large carrots, spiralized into ribbon slices (using the Flat Slicer blade of your spiralizer)
- 2 Tablespoons cilantro, chopped
- 2 Tablespoons extra-virgin olive oil
- 2 teaspoons agave/maple syrup
- 1 lemon, juiced
- ¼ cup feta cheese
- 2 Tablespoons almonds, roughly chopped and toasted
- Sea salt to taste

### Instructions

Place the sliced carrot ribbons into ice cold water for 10-15 minutes. Remove and dry once they have curled up.

Mix the cilantro, olive oil, agave/maple syrup, salt, and lemon juice, mix until well combined. Pour the dressing over the carrots along with the feta and almonds. Make sure everything is fully coated. Serve straight away.



## 05. HEALTHY THAI PEANUT BUTTER ZUCCHINI NOODLES WITH CARROT AND LIME

---

This is a healthy twist on a classic Thai dish, with delicious peanut butter and refreshing carrot and lime. This is a must try dish, excellent for low carb dieters, paleo dieters, and anyone who is trying to shed those extra pounds and get healthy.





PREP TIME: 15 MINS

COOK TIME: 10 MINS

TOTAL TIME: 25 MINS

SERVES: 6

### Ingredients

- 1 clove garlic, minced
- 2 teaspoons fresh ginger, minced
- 4 Tablespoons smooth peanut butter
- 1 lime, zest and juice
- 2 Tablespoons soy sauce or tamari
- ¼ teaspoon red pepper flakes or fresh red chili, finely chopped
- 2 Tablespoons canola oil
- 3 zucchini, spiralized into 2mm or 3mm-wide noodles
- 2 large carrots, spiralized into 2mm or 3mm-wide noodles
- 1 red pepper, spiralized (using the Flat Slicer blade of your spiralizer)
- ¼ cup fresh cilantro, roughly chopped
- ¼ cup green onions, chopped

### Optional

- 2 cups chicken breast, cooked and chopped
- Unsalted roasted peanut and lime quarters (to garnish)

### Instructions

Put the ginger, garlic, peanut butter, lime juice and zest, red pepper flakes and soy sauce into a bowl. Whisk until well combined.

Place a frying pan on medium-high heat and pour the canola oil into the pan. Put the zucchini, carrots and bell peppers into the pan, cook until soft but still slightly crunchy. Add the cilantro and green onions. Mix well for 2 minutes. As an option, serve with chicken, roasted peanuts and lime wedges to garnish.





## 06. CHICKEN-UDON CARROT NOODLE SOUP

Chicken-Udon carrot noodle soup is a healthy, filling and very satisfying meal. Easy to make, yet full of flavor and texture, the carrots add an extra dimension with a bit of extra bite. This yummy, protein packed meal is perfect for lunch or dinner.





# THE BRIEFTONS SPIRAL SLICER RECIPE BOOK



THE BRIEFTONS' GUIDE TO PREPARING MOUTH-WATERING FOODS IN MINUTES

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TOTAL TIME: 40 MINS

SERVES: 4

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## Ingredients

- 18 Oz frozen precooked Udon noodles, thawed
- 2 cups cooked chicken
- 2 hardboiled eggs
- 2 Tablespoons extra virgin olive oil
- 2 cloves garlic, finely chopped
- 8 cups chicken broth
- 3 medium carrots, spiralized into 3mm or 5mm-wide noodles
- ¼ broccoli head
- 2 Tablespoons lime/lemon juice
- 1 large leek, sliced into 1/4-inch pieces
- 3 stalks celery, sliced into 1/4-inch pieces
- 1 cup sliced fresh mushrooms
- ½ cup chopped cilantro
- Sprinkling cayenne pepper
- Salt and ground black pepper to taste

## Instructions

Warm the oil in a medium to large soup pot. On medium-high heat stir fry the garlic until cooked. Turn up the heat to high, and then place the chicken and the broth into the pot. Allow to boil, and then put the carrots, cayenne pepper, salt and pepper into the pot. Allow the carrots to cook through. Add the lime juice and set aside.

Add the Udon noodles, carrot noodles, leek, celery, broccoli and mushrooms into the broth. Continue to cook, stir and leave to boil. Turn down the heat and continue to cook until vegetables are cooked through.

Place the noodles in a bowl, and pour the broth over it. Garnish with cilantro and ½ an egg in each bowl, then serve.





## 07. KOREAN NOODLE SALAD "FUNCHOZA" WITH CARROT NOODLES

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Funchoza is a vibrant dish often found in Central Asia. The combination of raw vegetables and cooked noodles gives it that extra bit of freshness, making the dish healthy, as well as fun to make.



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TOTAL TIME: 45 MINUTES

SERVES: 6 - 8

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### Ingredients

- 12 Ounces of bean vermicelli
- 1 medium onion, spiralized (using the Flat Slicer blade of your spiralizer)
- 2 medium carrots, spiralized into 2mm or 3mm-wide noodles
- 1 cup cilantro finely chopped
- 2-4 medium cloves of garlic minced
- 4 Tablespoons soy sauce
- 2 Tablespoons lemon vinegar
- Pinch of red chili pepper
- ½ cup of oil, salt, pepper, cumin to taste

### Instructions

Cook the vermicelli by following the instructions on the packaging. Once cooked, run it under cold water. Use kitchen scissors to cut the vermicelli into 6-inch pieces.

Place the carrot noodles and garlic in a bowl, now add the soy sauce, lemon vinegar and chili pepper and mix until well combined. Cover the bowl and put it in the fridge.

Pour the oil in a wok, fry the onions until translucent. Season with salt, pepper and cumin to taste.

Place everything in a bowl and mix well, season with salt if desired. Your salad is now ready!

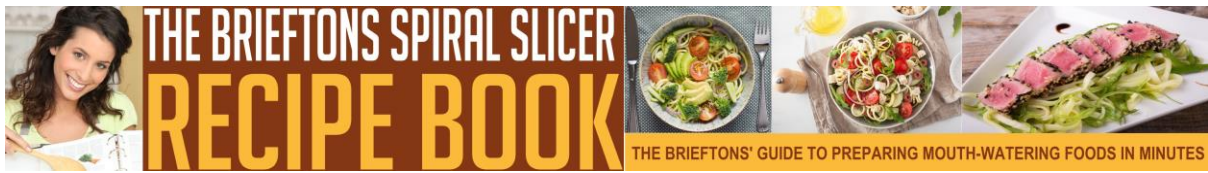




## 08. VIETNAMESE PRAWN SPIRALIZED ROLLS

These Vietnamese prawn spiralized rolls are the perfect side, or main if served with a side salad. They are healthy, gluten free, and the dipping sauce is beyond heavenly.





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PREP TIME: 40 MINS

SERVES: 12

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## Ingredients

### FOR THE DIPPING SAUCE

- Juice of ½ lime
- 2 Tablespoons rice wine vinegar
- 1 Tablespoons palm sugar
- 3 Tablespoons fish sauce
- 1 bird's-eye red chili, finely chopped (optional)

### FOR THE ROLLS

- 6 edible rice paper wrappers
- About 2 cups cooked rice vermicelli, cooled
- ½ small pack mints, leaves picked
- ½ small pack corianders, leaves picked
- 12 large king prawns
- 1 large carrot (about 130g), with ends trimmed and spiralized into thin 2mm or 3mm-wide noodles
- 1 zucchini, with ends trimmed and spiralized into thin 2mm or 3mm-wide noodles

## Instructions

To make the dipping sauce, put all the ingredients in a bowl. Add 50ml of water, leave for a while to let the sugar dissolve.

To make the rolls, pour warm water into a large dish. Get a clean kitchen towel and place it on the work surface. Immerse the rice paper in the water until it becomes soft. Gently place the rice paper onto the kitchen towel.

Place some of the mint leaves inside the rice paper. Add two prawns together with some of the spiralized carrot/zucchini noodles and rice vermicelli.

Wrap the vegetables carefully by wrapping the sides of the wrapper into the middle. Then roll, ensuring that it is secure and well wrapped. Serve by slicing diagonally and eating with the dipping sauce.





## 09. SPICY KOHLRABI NOODLES

This is a very flavorful and hearty meal, delicious and healthy too. The oriental flavors give it a nice kick. Comforting and tasty, this is a must try recipe.



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TOTAL TIME: 15 MINS

SERVES: 2 - 3

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## Ingredients

- 2-3 kohlrabi
- 4 Oz. cooked (and cooled) rice noodles
- ½ jalapeño, sliced and/or a few Thai red chiles
- ½ avocado, sliced
- Herbs: cilantro, basil, and/or mint
- Handful of crushed peanuts
- Chili sauce, to taste
- Extra lime slices

## Optional

- Tofu or a protein of your choice

## FOR THE DRESSING

- Juice and zest of 1 lime
- 2 Tablespoons fish sauce (or soy sauce or tamari)
- 2 Tablespoons rice vinegar
- 1 clove garlic, minced
- 1 teaspoon ginger, minced

## Instructions

Mix the dressing together.

Remove the skin from the kohlrabi. Spiralize the kohlrabi into 5mm-wide noodles. Coat the kohlrabi in the dressing and chili sauce. Place in the refrigerator to chill for ½ an hour. Combine the kohlrabi with the rice noodles, avocado, herbs and peanuts. Season to taste, and serve chilled or at room temperature. Garnish with lime.





## 10. RAINBOW SALAD WITH BEET, CUCUMBER NOODLES AND AVOCADO DRESSING

---

This is the perfect refreshing summer salad. This can be eaten as a side salad, or main meal. The beets give it a tangy flavor with a vibrant color. The cucumber noodles make this salad refreshing and cleansing, and the avocado gives it that creamy goodness, making you want to go for a second serving.



PREP TIME: 20 MINS

COOK TIME: 5 MINS

TOTAL TIME: 25 MINS

SERVES: 4

## Ingredients

- 2 large red and/or golden beets, peeled
- 2 cucumbers
- A handful of rocket leaves
- 2 Tablespoons soft goat cheese, crumbled
- 1 teaspoon unsalted sesame seeds

### FOR THE AVOCADO DRESSING

- 2 cloves garlic
- 1 large avocado, peeled, pitted and chopped
- Juice of 1 lime
- 1 ½ Tablespoons extra-virgin olive oil
- 1 ½ Tablespoons apple cider vinegar
- 1 Tablespoons chopped fresh basil leaves, plus additional for garnish
- 2 teaspoons raw honey
- Pinch each sea salt and ground black pepper

## Instructions

Prepare the beets by cutting off the ends. Make noodles by spiralizing the beets into 2mm or 3mm-wide noodles using your spiralizer.

Now slice the cucumber into thin ribbon slices using your spiralizer's Flat Slicer blade.

To prepare the dressing, add the dressing ingredients and 1 Tablespoon of water to a food processor, blend until well combined. Keep adding water until you are happy with the texture.



Coat the rocket leaves, cucumber ribbons and beet noodles in the dressing. Mix well, ensuring everything is fully coated. Top with basil leaves and sesame seeds. Enjoy!





## 11. BEET AND CARROT SALAD WITH POMEGRANATE AND PUMPKIN SEEDS

---

This salad has a delicious sweet and savory flavor, with a tangy sweetness from the beets, and a crunchy sweetness from the carrots. The pomegranate seeds give this salad a sweet and sour edge, making it the perfect summer salad. The pumpkin seeds add extra flavor, crunch and texture to the dish. It is easy to make, healthy and fresh.



---

PREP TIME: 15 MINS

SERVES: 2

---

## Ingredients

### FOR THE DRESSING

- 1 small red onion, diced small
- 1½ Tablespoons balsamic vinegar (or fresh lemon juice)
- 1½ Tablespoons pomegranate molasses
- 1½ Tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

### FOR THE SALAD

- 1 large beet, spiralized into 5mm noodles
- 2 medium carrots, spiralized into 2mm or 3mm-wide noodles
- 2 small red onion, chopped into slices
- 1 cup chopped organic fresh flat-leaf parsley
- ½ cup pomegranate arils
- ¼ cup unsalted toasted pumpkin seeds

## Instructions

Create the dressing by stirring all the ingredients for the dressing together. Leave it so that the flavors can infuse.

Pour the dressing over your prepped vegetables (beet/carrot noodles and parsley). Top with pomegranate arils and pumpkin seeds. Enjoy!





## 12. COCONUT CURRY BUTTERNUT SQUASH NOODLE

---

Coconut curry has that perfect mix of sweet and savory, coupled with satisfying butternut squash noodles. This dish is packed full of flavor and is the perfect main meal for all the family. The curry can be served with brown rice, couscous, quinoa, or gluten free flatbread. A crunchy side salad would also be a perfect accompaniment to this hearty, yet healthy coconut curry.





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PREP TIME: 10 MINS

COOK TIME: 15 MINS

TOTAL TIME: 25 MINS

SERVES: 4

---

## Ingredients

- 2 Tablespoon olive oil
- 2 Tablespoons Madras curry paste
- 2 pound butternut or Kabocha squash, peeled and spiralized into 5mm-wide noodles
- 1 cup small Pioppini mushroom caps (or other mushrooms), diced if large
- 2 garlic cloves, pressed or chopped
- 400g can reduced-fat coconut milk
- Salt to taste

## Instructions

Place a large frying pan or wok on to the stove on medium heat. Add the curry paste and fry for 1 minute. Add the squash noodles, mushrooms, garlic, and toss in the curry paste.

Pour in the coconut milk with 200 ml of water and lightly simmer. Cook for a further 10 minutes or until the squash is cooked and the curry has thickened up.

Stir fry the noodles with a little salt and olive oil to soften up.

Pour the curry over the noodles and scatter with coriander (or other herbs) to garnish.





### 13. SWEET POTATO NOODLE

The beauty of this sweet potato dish lies in its simplicity. So simple, yet so satisfyingly delicious and healthy. Edamame is a perfect addition to this dish as it's packed full of protein, so it's excellent for those paying attention to their protein intake.





---

TOTAL TIME: 20 MINS

SERVES: 2 - 3

---

## Ingredients

- 2 Tablespoons extra virgin olive oil
- 2 medium sweet potatoes, peeled and spiralized into 2mm or 3mm-wide noodles
- ¼ cup water
- Salt and pepper to taste
- Toppings: Edamame beans, coriander, sesame seeds

## Instructions

Pour 2 Tablespoons of olive oil into a large frying pan. Set the stove to medium-high heat. Add the sweet potato noodles and add some salt and pepper. Stir fry for 4-5 minutes, pour in some water and continue to stir fry until noodles are tender but still crunchy. Serve and add the toppings!





## 14. BOILED QUAIL EGGS IN A SPIRALIZED FRIED POTATO FRENCH FRIES NEST

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Deliciously simple, extremely addictive! This recipe is a classy twist on the classic egg and French fries comfort food for those days when you just want to chill and eat.



---

TOTAL TIME: 20 MINS

SERVES: 3

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### Ingredients

- 600g potatoes, peeled and spiralized into 3mm-wide noodles
- Cooking oil
- A handful of baby salad leaves
- 12 quail eggs
- Salt to taste

### Instructions

Pour cooking oil into a frying pan on medium-high heat. Stir fry potato spirals until tender.

Arrange the baby salad leaves around a plate, then place the potato spirals in the centre of the plate.

Boil the quail eggs for about 4 minutes until soft boiled. Peel them by immersing them in cold water to cool down.

Arrange the eggs on top of the potato spirals, then season with salt and pepper to taste.

*Note:* For elderly people, young children and pregnant women, all eggs should be hard boiled.





## 15. SPIRAL FRIED POTATOES

---

Yummy, easy spiral fried potatoes, a firm favorite for the little ones and big people too! This recipe can also be used to make sweet spiral fries, which is a healthier option. However, as a scrumptious treat, these spiral fried potatoes are awesome! It makes an excellent side for barbecues, kids' parties and family meals.





## Ingredients

- Potatoes
- Canola oil
- Salt

Optional toppings:

- Grated cheese
- Bacon bits
- Sour cream
- Ketchup

## Instructions

Spiralize the potatoes by using the Flat Slicer blade on your spiralizer to create potato ribbons.

Pour enough oil into a pan to immerse the potatoes ribbons in the oil. Heat the oil to 350 degrees F. Fry the potato ribbons until golden and crisp. Once cooked, place the potato ribbons on a paper towel. Season them with salt. Add toppings of your choice.





## 16. ZUCCHINI SALAD WITH MINT, GARLIC, LEMON AND EXTRA VIRGIN OLIVE OIL

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This salad is ridiculously easy to make, and very satisfying. This goes really well with meat, fish tofu, as well as potatoes, rice, or even pasta. It is simple, tasty and relatively healthy.





# THE BRIEFTONS SPIRAL SLICER RECIPE BOOK



THE BRIEFTONS' GUIDE TO PREPARING MOUTH-WATERING FOODS IN MINUTES

---

TOTAL TIME: 15 MINS

SERVES: 4

---

## Ingredients

- 4 zucchinis
- Sea salt
- Freshly ground black pepper
- 1 red chili (optional)
- ½ clove garlic
- 1 handful of fresh mint
- Extra virgin olive oil
- 1 lemon, squeezed into juice

## Instructions

Use the Flat Slicer blade on your spiralizer to create wide ribbons from the zucchinis. Place the zucchini slices in boiling hot water for 2 minutes. Drain and plate up, season with salt and black pepper to taste.

Finely chop the garlic and chili. Top the zucchini ribbons with the garlic and chili. Finish off with a sprinkling of olive oil, mint and lemon juice.





## 17. ZUCCHINI PASTA WITH PESTO AND SUN DRIED TOMATOES

This is a delicious healthy twist on a classic Italian dish. Vegans will love this super fresh tasting, flavor packed pasta pesto salad. Also perfect for low carb dieters and paleo foodies.





---

TOTAL TIME: 10

SERVES: 2

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## Ingredients

- 2 large zucchini, spiralized into thin 2mm or 3mm-wide noodles
- Small handful sun dried tomatoes
- 3 Tablespoons fresh mint, parsley or dill
- Vegan pesto

## Instructions

Pour 1 Tablespoon of olive oil into a pan, and heat on a low setting. Warm the sun dried tomatoes in the pan. Add the spiralized zucchini noodles and lightly stir fry.

Remove from the heat, add your vegan pesto and fresh mint. Mix well and serve!





## 18. SPIRALIZED ZUCCHINI SALAD WITH SWEET CORN, TOMATOES AND AVOCADO

---

The sweet corn in this dish adds a crunchy, sweet texture. The zucchini adds extra crunch and makes the salad look pretty. The tomatoes and avocado add contrasting flavors and textures to the dish. The dressing adds that final deliciously exquisite touch.



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TOTAL TIME: 20 MINS

SERVES: 4-6

---

### Ingredients

- ¼ cup olive oil
- 2 ears sweet corn, kernels removed from the husk
- 1 teaspoon Dijon mustard
- 2 Tablespoons lime juice
- ½ teaspoon honey
- 2 zucchini, spiralized into wide ribbons (using the Flat Slicer blade of your spiralizer)
- 1½ cups cherry tomato, diced
- ¼ cup red onion, thinly sliced
- ¼ cup basil or rocket leaves, sliced
- 2 avocados, cut in cubes
- ¼ lb. arugula
- Kosher salt and freshly ground black pepper to taste

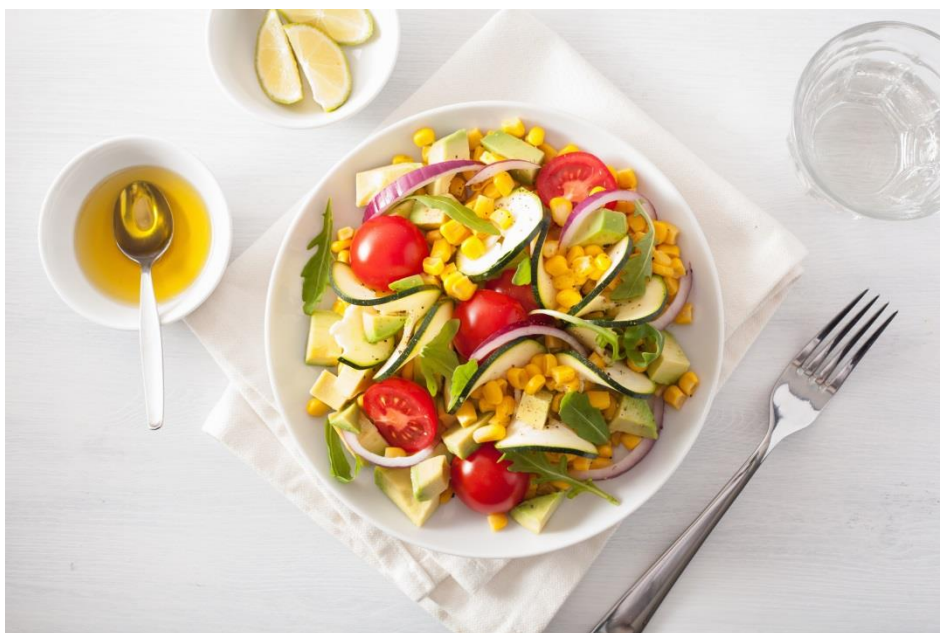
### Instructions

Add olive oil to a large pan, heat on a medium setting. Lightly stir fry the corn, place the corn into a large bowl when cooked.

Prepare the vinaigrette by combining the mustard, lime juice, honey and oil. Whisk and add salt and pepper to taste.

Add the corn to the zucchini ribbons, and mix the dressing into the vegetables. Add the onion, basil (or rocket), tomato and avocado. Add more seasoning if needed.

Place the arugula in a bowl, then add the zucchini salad and serve.





## 19. ZUCCHINI NOODLE, TOMATO AND AVOCADO SALAD

This is a simple variation of the previous recipe, with less ingredients and a more subtle flavor. Excellent for anyone who is just starting out on a healthier lifestyle.







# THE BRIEFTONS SPIRAL SLICER RECIPE BOOK



THE BRIEFTONS' GUIDE TO PREPARING MOUTH-WATERING FOODS IN MINUTES

TOTAL TIME: 30 MINS

SERVES: 4

## Ingredients

- ¼ cup extra virgin olive oil
- 2 Tablespoons lemon juice
- 1 - 2 cloves garlic, minced
- ¼ cup chopped fresh basil
- 2 medium zucchini, stems removed and spiralized into 2mm or 3mm-wide noodles
- 1 small cucumber, sliced
- 1 cup halved cherry tomatoes
- 1 cup broccoli florets
- 1 medium avocado, diced
- Salt and pepper

## Instructions

Create the dressing by blending the garlic, olive oil, lemon juice and basil. Add salt and pepper to taste.

Put the spiralized zucchini noodles in a bowl with the tomatoes, avocados, broccoli florets and cucumbers. Add the dressing, cover and place in the refrigerator for 15 minutes. Serve.





## 20. SPIRALIZED ZUCCHINI SALAD GREEK STYLE WITH TOMATO FETA OLIVES CUCUMBER

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This flavor packed Greek style salad is perfect for barbecues, can be eaten as a side dish, or even as a main meal with some delicious spelt bread and olive oil as an accompaniment.



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TOTAL TIME: 25 MINS

SERVES: 4

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### Instructions

- 2 zucchini, spiralized into 3mm-wide noodles
- ¼ cucumber, chopped
- 10 cherry tomatoes, halved, or more to taste
- 10 pitted Kalamata olives, diced, or more to taste
- ¼ cup thinly sliced red onion
- 2 ounces crumbled reduced-fat feta cheese
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- Salt and ground black pepper to taste

### Instructions

Put the zucchini noodles in a bowl and add the cucumber, tomatoes, olives, red onion and feta cheese.

Prepare the dressing by whisking the olive oil, lemon juice, oregano, salt and pepper until well combined. Pour the dressing over the salad and mix well. Place the salad in the refrigerator for 10 minutes. Serve.





## Conclusion

The above recipes are designed to be easy to make, and take less preparation and cleanup time. We hope they have given you some ideas of what you can do with a spiralizer, and what a spiralizer can do for you.

If you are like us you will be amazed by how great you will feel after trying these yummy and healthy spiral slicer recipes.

If you haven't made noodles out of vegetables and fruits yet, we suggest that you [invest in a spiralizer](#) and try your hand at it. Before long you will be part of the vegetable noodle fan club. The possibilities are really endless depending on what season of the year you are in, and you will end up with a plateful of colorful, ribbony strands of vegetables that you can twist and turn around your fork like noodles!

For more recipes like these, sign up to the [Brieftons Prime membership](#) today and receive not just extra recipe ebooks, but also great VIP deals on Brieftons spiralizers and other Brieftons kitchen products.



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