

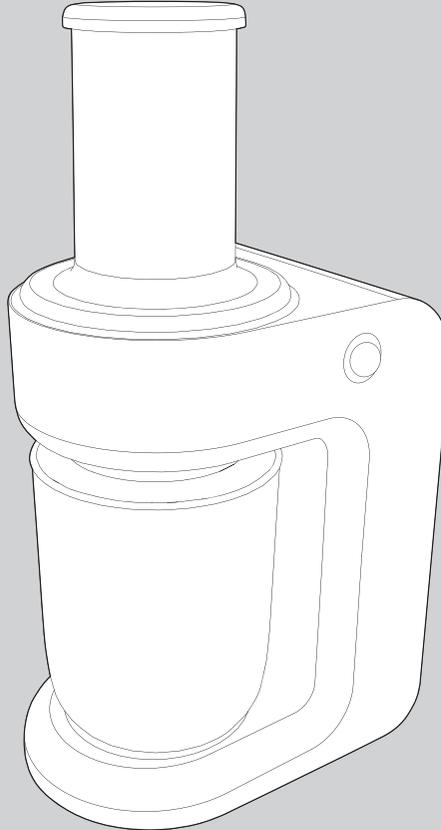
FP432020 MUK Rev 3

morphy richards®
smart ideas for your home



Spiralizer Express

Please read and keep these instructions for future use



Download the Morphy Richards Cook & Create app for recipe ideas



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www.morphyrichards.com

* Register online for your 2 year guarantee. See back of this instruction book for details. (UK and Ireland customers only)

Health And Safety

The use of any electrical appliance requires the following common sense safety rules. Please read these instructions carefully before using the product.

- This appliance can be used by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- This appliance shall not be used by children.
- Keep the appliance and cord out of reach of children.
- Always disconnect from the supply if left unattended and before assembling, disassembling or cleaning.
- For care and cleaning refer to page 7.
- Avoid touching moving parts. Keep hands, hair and clothing, and utensils away from the attachment blades during operation, to prevent personal injury and/or damage to the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

In addition, we offer the following safety advice.

Location

- Do not use outdoors or in a bathroom.
- Always locate your appliance away from the edge of the worktop.
- Do not place the bowl used with the appliance on a highly polished wooden surface as damage may occur to the surface.

Mains cable

- Do not let the mains cable hang over the edge of the worktop where a child could reach it.
- Do not let the lead run across an open space e.g. between a low socket and a table.
- Do not let the cable run across a cooker or other hot area which might damage the cable.
- The mains cable should reach from the socket to the base unit without straining the connections.

Personal safety

- Care shall be taken when handling the sharp cutting blades, emptying the bowl and during cleaning.

Other safety considerations

- Do not use the appliance for anything other than its intended purpose.

Product specific safety

- **WARNING: The blades are very sharp. Handle with care when using and cleaning.**
- **WARNING: Misuse of appliance could cause personal injury.**
- Do not clean the attachments under running water while they are in position.

Electrical requirements

Check that the voltage on the rating plate of your appliance corresponds with your house electricity supply which must be A.C. (Alternating Current).

Should the fuse in the mains plug require changing, a 3 amp BS1362 fuse must be fitted.

Introduction

Thank you for your recent purchase of this Morphy Richards Spiralizer.

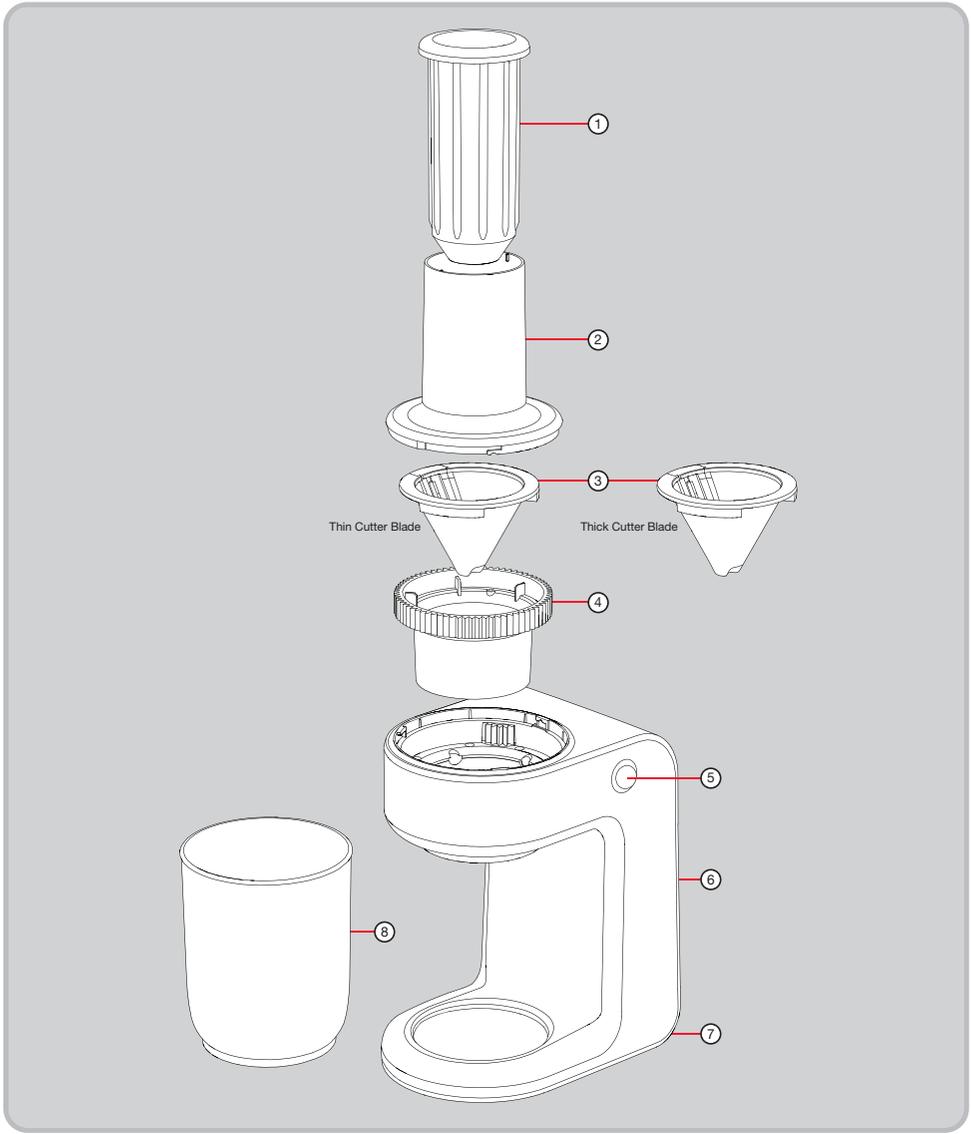
Your Spiralizer comes with 2 cutting blades. Please read the instructions for information on how to use each attachment thoroughly before use.

Remember to visit www.morphyrichards.co.uk to register your product's two year guarantee.

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Product Overview



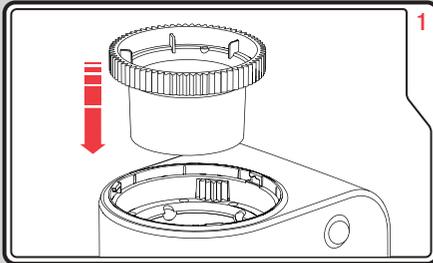
Features

- | | |
|-----------------------|--------------------------------|
| (1) Food Plunger | (5) On/Off Switch |
| (2) Feeder Chute | (6) Main Unit |
| (3) Cutter Blade (x2) | (7) Cable Storage (under Unit) |
| (4) Drive Sleeve | (8) Beaker |

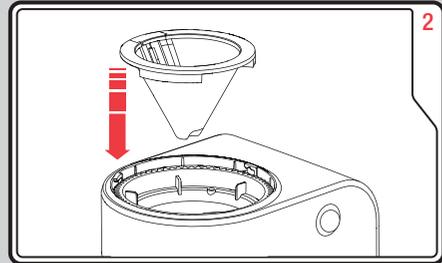
Before First Use

- **WARNING:** Carefully unpack your Spiralizer as the Cutter Blades are very sharp.
- Wash all parts except the Main Unit (6) in hot soapy water before use. Dry all parts thoroughly before use.
- Do not immerse the Main Unit (6) in water.
- No parts are dishwasher safe.

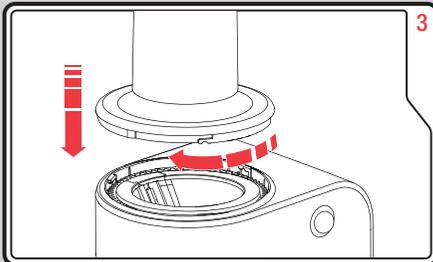
Assembling Your Spiralizer



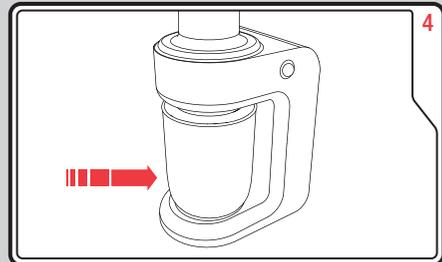
Place Drive Sleeve (4) into the Main Unit (6).



Place chosen Cutter Blade (3) into the Drive Sleeve (4).

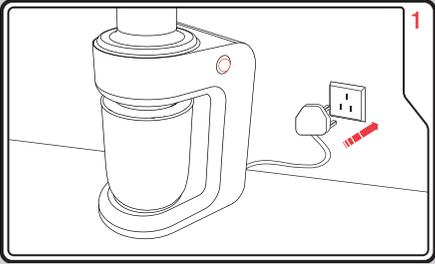


Place Feeder Chute (2) onto the Main Unit (6) so it falls into place and turn clockwise to lock in position.

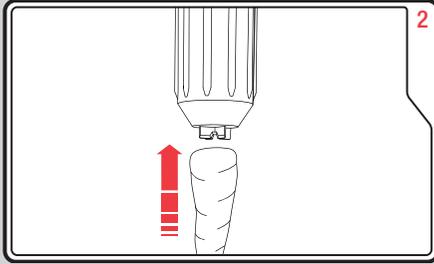


Put Beaker (8) in position in the Main Unit (6).

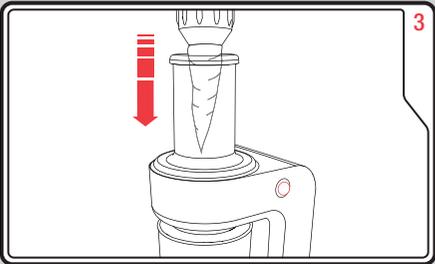
Using Your Spiralizer



Plug in the Spiralizer.



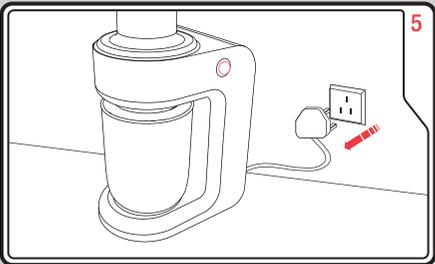
Push prepared food centrally onto the cross end of the Food Plunger (1).



Switch on then place the Food Plunger (1) inside the Feeder Chute (2) and apply pressure.



Your Spiralized food will collect in the Beaker (8) ready to serve or cook.



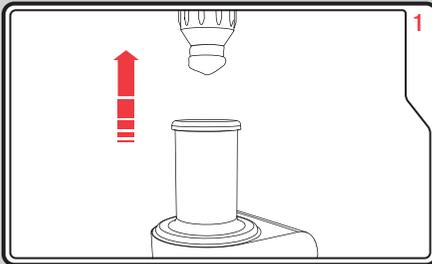
After use switch the Spiralizer off and unplug at the mains.

Hints & Tips

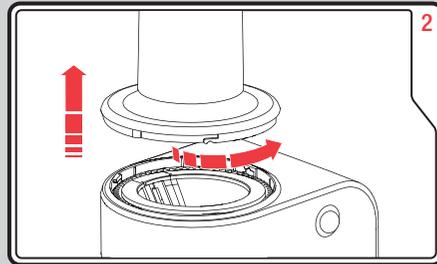
- Remove spiralized food from Beaker and if not using immediately place in a covered container and refrigerate.
- Hard fruit such as apples and pears and hard vegetables should be used in your Spiralizer. Softer items such as kiwi fruit, tomatoes etc. are not suitable.
- Choose butternut squash with a long neck for use in your Spiralizer and use the part with seeds in it for another recipe as this part is too soft to spiralise.
- In most cases fruit and vegetables should be peeled before use in your Spiralizer. Leave the skin on cucumber and courgettes if desired.
- There is no need to remove the core from apples or pears before spiralizing.
- Large vegetables such as butternut squash, swede etc. need to be trimmed to fit into the feed tube.
- Try to choose other vegetables and fruit so that they fit down the Feeder Tube without the need for trimming.
- When using courgettes, try to choose straight ones rather than those that are curved.
- Courgette seeds should be discarded after spiralizing because of their high water content.
- Spiralized fruit such as apples and pears should be mixed with a little lemon juice to prevent browning once the surface has been cut.
- Prepared potatoes and parsnips also discolour in air if not used immediately so to avoid this prepare these items just before you want to serve them.
- The Food Plunger needs to be pressed firmly into fruit and vegetables. It is easier to fit the Food Plunger into the widest part of the food.
- Your Spiralizer produces long strands of fruit and vegetables. In most instances these need to be cut into manageable lengths with scissors to make the food easier to cook, serve and eat.
- Remove spiralised food from the Beaker and if not using immediately, place in a covered container and refrigerate.
- Spiralized vegetables may be eaten raw, oven cooked, dry fried without oil or added to a sauce to warm through. Depending on the water content of the vegetable, they may need to be patted dry with kitchen paper, drained well and not left to sit in sauce before serving or too much liquid is produced.
- The vegetable cone left over after spiralizing, together with any vegetable trimmings could be used to make soup.
- The amount of raw spiralized vegetables required for two portions is a bit more than the equivalent of pasta. When using vegetables as an alternative to pasta, a wok is very useful for heat transfer because the pan is full at the outset but reduces as the vegetables begin to soften and warm through.
- Use tongs to serve spiralized vegetables.

Care and Cleaning

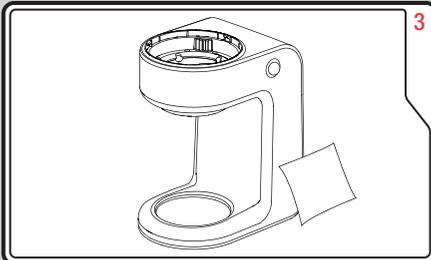
- **WARNING:** Always unplug the appliance from the mains socket before cleaning and maintenance.
- No parts are dishwasher safe.
- Wash the Food Plunger, Feeder Chute, Cutter Blades, Drive Sleeve and Beaker in warm soapy water.
- **WARNING:** Handle the Cutter Blades with care as they are sharp.



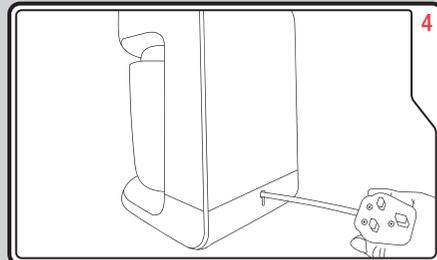
Remove Food Plunger (1), discard the root of the Spiralized food and wash in warm soapy water. No parts are dishwasher safe.



Twist anti clockwise to unlock the Feeder Chute (2), remove the Cutter Blade (3) (take care when removing the blade) remove Drive Sleeve (4) and wash in warm soapy water. Use a small brush to clean the blades if necessary.



Do not submerge Main Unit (6) in water. Wipe with a damp cloth if required.

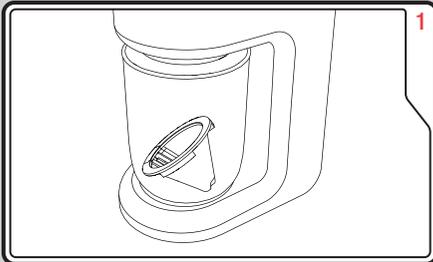


After use push the cable inside the back of the Main Unit (6) for Cable Storage (7).

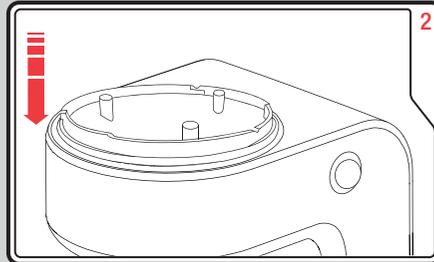
Cleaning Tip

- Clean the Cutter Blades immediately after use.
- Some foods such as carrot or beetroot may discolour your Spiralizer.

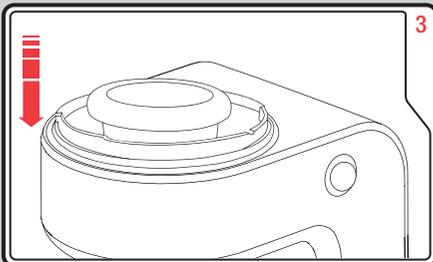
Easy Storage Solution



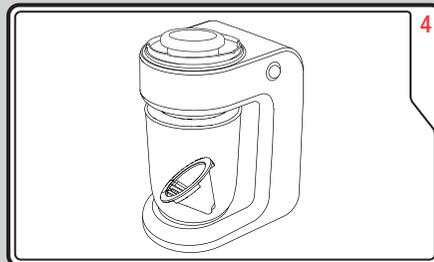
Place the Cutter Blade (3) inside each other and place inside the Beaker (8). Return the Beaker to it's position in the Base Unit (6).



Turn the Feeder Chute (2) upside down and place into the Drive Sleeve (4).

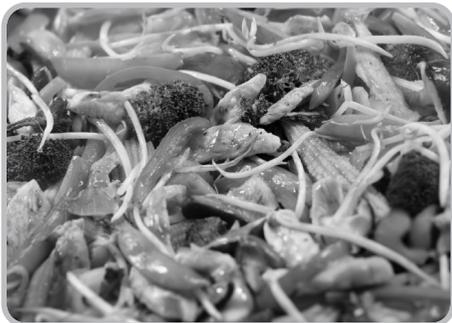


Drop the Food Plunger (1) into the Feeder Chute (2).



Compact storage solution!

Recipes



We have developed a range of delicious recipes for you to try with your new Spiralizer. From sides, mains and deserts, there is something for every occasion.

The recipes provided give you only a few suggestions of what you can make with your new Spiralizer. When you are used to using your Spiralizer you will be able to easily adapt recipes from your favourite cookbooks.

Side Dishes/Salads

Beetroot and Orange Salad

Preparation time: 10 minutes

Serves: 4

Cooking time: 0 minutes

Ingredients:

- 450g small raw beetroot
- 1 orange
- 3 tbsp olive oil
- 2 tbsp white wine vinegar
- 1 – 2 level tsp caraway seeds (to taste)
- 2 pinches caster sugar
- 2 pinches salt
- Freshly ground black pepper

Method:

- 1 Top, tail and peel the beetroot. You may wish to wear disposable gloves whilst doing this.
- 2 Spiralize the beetroot using the finer blade. Cut the spirals into manageable lengths with scissors and place into a bowl.
- 3 Finely grate the zest from the orange and squeeze 1 tbsp of juice. Place into a mixing bowl with the oil, vinegar, caraway seeds, sugar, salt and pepper and beat well with a fork or balloon whisk until mixed.
- 4 Pour the dressing over the beetroot and toss to ensure it is well coated.
- 5 Serve on a bed of rocket with cold cooked meat or with fish.

Tuna and Cucumber Salad with Lemon Dressing

Preparation time: 10 minutes

Serves: 2

Cooking time: 0 minutes

Ingredients:

- 1 cucumber (310g), peeled and cut in half
- 40g small red onion, very finely chopped
- 30g lambs lettuce or mixed baby leaves, washed
- 6 black olives
- 1 x 185g can tuna steak, drained (optional)

Method:

- 1 Make the dressing first by placing all the ingredients into a clean jam jar with a lid and shaking vigorously until well mixed.
- 2 Spiralize the cucumber using the broad blade.
- 3 Pat the spirals dry with kitchen paper, cut into shorter lengths to make them easier to eat and then place into a serving dish. Add the finely chopped onion, leaves and olives.
- 4 Add the tuna, if using, trying to keep the pieces fairly large and then pour over the salad dressing. Gently turn the salad to coat in the dressing.
- 5 Serve immediately.

For the dressing:

- 2 tbsp lemon juice
- 4 tbsp olive oil
- 1 tbsp balsamic vinegar
- Pinch salt
- 2 pinches caster sugar
- Freshly ground black pepper

Roasted Winter Vegetables

Preparation time: 15 minutes

Serves: 3-4

Cooking time: 40 minutes

Ingredients:

Note: all vegetable weights are after peeling

- 130g onion
- 130g butternut squash (use the long neck end)
- 130g sweet potato
- 130g swede
- 130g potato
- 130g parsnips
- 1 clove garlic
- 1 tsp dried oregano
- 1 tsp dried rosemary
- 2 tbsp olive oil
- Salt and freshly ground black pepper

Method:

- 1 Preheat the fan oven to 200°C / Gas Mark 6.
- 2 Thinly slice the onion, separate the layers and place in a large mixing bowl.
- 3 Spiralize the vegetables using the broad blade, cut the lengths to manageable size and place in the mixing bowl with the onion.
- 4 Crush the garlic finely and add to the mixing bowl together with the herbs, oil and seasoning.
- 5 Mix well with your hands and then place the vegetable mixture into a non-stick roasting tin of approximate size 28 x 21.5 x 5cm.
- 6 Roast in the oven for 30- 40 minutes, turning the vegetables over occasionally with a wooden spoon or spatula until tender and beginning to brown.

Note:

- Any combination of vegetables could be used.
- This dish is useful for using up the odd leftover raw vegetables.

Main Courses

No crust Butternut and Red Onion Quiche

Preparation time: 10 minutes

Serves: 4

Cooking time: 50 minutes

Ingredients:

- 200g prepared butternut squash
- 100g red onion, peeled
- 2 small garlic cloves crushed
- 50g baby spinach leaves
- 2½ tbsp olive oil
- 100g Feta cheese
- 6 medium eggs
- 5 tbsp milk
- Salt and pepper

Method:

- 1 Cut a square of non-stick baking paper approximately 30cm x 30cm. Place a shallow 21 x 21 x 3.5cm the 21cm square tin on it and in each corner make a diagonal cut from the corner of the paper as far as the corner of the tin. Grease the tin and put in the paper so that it fits, overlapping at the corners. Trim the edges slightly if required.
- 2 Preheat the fan oven to 200°C /Gas Mark 6.
- 3 Meanwhile, spiralize the butternut squash using the finer blade and then thinly slice the onion, separating the slices. Place into a mixing bowl with the crushed garlic.
- 4 Add 2 tbsp olive oil and stir to coat the vegetables.
- 5 Place this mixture on a large baking tray in a single layer and cook for around 15 -20 minutes (turning the vegetables over half way through cooking) until just starting to brown.
- 6 Heat the remaining olive oil in a small frying pan and add the spinach, cooking for a couple of minutes until it just begins to wilt.
- 7 Remove the vegetables from the oven and place in a layer in the prepared tin. Spread the spinach on top.
- 8 Crumble the Feta cheese over the spinach.
- 9 Lightly beat the eggs and milk together with a fork and season with salt and pepper. Pour over the Feta cheese.
- 10 Bake at 200°C/ Gas Mark 6 for 25-30 minutes until the quiche is browned and set.
- 11 Leave the quiche in the tin for 5 minutes and then carefully holding the paper remove it from the tin using a fish slice if necessary. Place the quiche in its paper case onto a plate and cut into quarters. If necessary ease the paper away from the quiche with a round bladed knife.
- 12 Serve warm or cold with a mixed salad and new potatoes if desired.

Chicken Stir Fry

Preparation time: 15 minutes

Serves: 2-3

Cooking time: 10 minutes

Ingredients:

- 360g chicken breast fillets
- 2 tbsp sesame oil
- 100g onion, peeled and sliced
- 100g mangetout
- 100g beansprouts
- 200g courgettes, peeled
- 100g carrot, peeled
- 30g cashew nuts, roughly chopped

For the sauce:

- 2 tbsp dark soy sauce
- 2 tbsp sweet chilli sauce
- 2 cloves finely crushed garlic
- 1 level tsp cornflour

Method:

- 1 Cut the chicken breast fillets into thin strips.
- 2 Using the coarse blade, spiralize the courgettes, discard the seeds and then pat dry on kitchen paper.
- 3 Fit the finer blade and spiralize the carrots.
- 4 Mix the sauce ingredients together in a bowl.
- 5 Heat 1 tbsp oil in the wok and cook the chicken for approximately 5 minutes over a medium high heat until the juices run clear. Remove from the wok with a slotted spoon and discard any liquid.
- 6 Add 1tbsp oil to the wok and heat on a medium heat on the hob.
- 7 Add the onion, chicken, mangetout and beansprouts and stir fry for 3 minutes on a high heat.
- 8 Add the courgettes and carrots and cook for 1 minute only. Make a space in the centre of the wok, pour in the sauce and stir fry for 1 minute only.
- 9 Serve immediately sprinkled with the cashew nuts.

Baked Salmon Parcels

Preparation time: 10 minutes

Serves: 2

Cooking time: 20 minutes

Ingredients:

- 2 salmon fillets
- 1 small courgette (approx. 80g)
- 1 small carrot (approx. 60g), peeled
- 1 small potato (approx. 100g), peeled
- 50g onion, peeled and thinly sliced
- 2 sprigs fresh parsley
- Juice of half a lemon
- Salt and fresh ground black pepper
- A little butter

To Garnish:

- Lemon wedges
- Parsley sprigs

Method:

- 1 Lightly grease two pieces of tin foil of approximate size 40cm x 30cm with a little butter.
- 2 Preheat the fan oven to 180°C / Gas Mark 4.
- 3 Spiralize the courgette, carrot and potato using the finer blade, and then divide equally between the pieces of foil.
- 4 Place the sliced onion on top, sprinkle with a little salt and pepper.
- 5 Add the parsley and then the fish fillet. Squeeze a little lemon juice over the fish, dot with a knob of butter and lightly season.
- 6 Fold the foil into a parcel to keep all the juices and flavours in, place on a baking tray and cook for 20 minutes.
- 7 Carefully open the foil parcel, discard the parsley, and then serve immediately with the juices with a wedge of lemon and a sprig of fresh parsley to garnish.

Courgette Ribbons with Pesto

Preparation time: 10 minutes

Serves: 2

Cooking time: 1½ minutes

Ingredients:

- 750g courgettes
- 2 – 3 tbsp pesto

To Serve:

- Side salad
- Rustic bread

Method:

- 1 Peel the courgettes and spiralize with the finer blade.
- 2 Cut the ribbons to the required length.
- 3 Place the courgettes on kitchen paper, pat dry, discarding the seeds.
- 4 Preheat a wok or large frying pan over a high heat without adding any oil. When hot, add the courgettes and dry fry for 1- 1½ minutes only, turning frequently with a wooden spatula.
- 5 Remove from the heat, drain well through a sieve and lightly press the ribbons to extract the moisture. Return the ribbons to the wok or frying pan, stir through the pesto and serve immediately with a side salad and rustic bread.

Courgette Ribbons in Tomato Sauce

Preparation time: 15 minutes

Serves: 3

Cooking time: 49 minutes

Ingredients:

- 1½ tbsp olive oil
- 120g onion, finely chopped
- 1 garlic clove, crushed
- ¼ tsp crushed dried chillies
- 2 x 400g tins chopped tomatoes
- ½ level tsp mixed herbs
- 1 level tsp oregano
- 1 level tsp sugar
- 6 courgettes, peeled and stalk removed (1kg prepared weight)
- Salt and pepper to taste

To Serve:

- Parmesan Cheese

Method:

- 1 Heat the olive oil in a large pan for a couple of minutes and then add the onion, garlic and crushed chillies. Cook gently for approximately 2 minutes without colouring, stirring occasionally with a wooden spoon.
- 2 Add the tinned tomatoes, herbs, sugar and seasoning and bring up to the boil, then reduce the heat, put a lid on the pan and simmer for about 45 minutes or until the onions are softened.
- 3 Using the finer blade spiralize the courgettes, discarding the seeds.
- 4 Cut the courgettes to the desired length with scissors and pat dry with kitchen paper or a clean tea towel.
- 5 Either, add the courgettes to the sauce, turning them with tongs to coat and heat through. This should take two minutes only. Serve immediately. OR preheat a wok or large saucepan and without adding any oil, dry fry the courgettes for 2 minutes, turning with tongs. Drain the courgettes through a colander, pat dry and serve immediately with the sauce spooned over.

Note:

- For a change a little chopped bacon may be added with the onions and garlic.
- If time is short, substitute your favourite jar of pasta sauce.

Desserts

Apple Meringue Pudding

Preparation time: 10 minutes

Serves: 4

Cooking time: 25 minutes

Ingredients:

- 3 Braeburn apples (approximately 400g)
- Juice of ½ lemon
- ½ tbsp sugar
- 1 tbsp water
- 1 tbsp strawberry jam
- 2 eggs, separated
- 75g caster sugar

Method:

- 1 Lightly grease a shallow oven proof oval dish of approximate size 25 x 17 x 5cm.
- 2 Preheat the fan oven to 180°C/ Gas Mark 4.
- 3 Peel the apples and spiralize using the broad blade. Place into the dish.
- 4 Squeeze the lemon juice over the apples and sprinkle with the sugar. Add the water and dot the surface of the apples with the jam.
- 5 Whisk the egg whites until firm and then whisk in half the sugar. Fold in the remainder with a tablespoon.
- 6 Spoon the meringue over the apple mixture spreading up to the edges of the dish to form a seal. Use the back of a spoon to make peaks in the meringue.
- 7 Bake in the centre of the oven for 20 – 25 minutes or until the meringue is browned. Serve immediately.

Note:

- Choose the size of the apples so that once peeled they will fit down the Feeder Chute.
- Use up the egg yolks in an omelette.

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Registering Your 2 Year Guarantee

Your standard one year product guarantee is extended for an additional 12 months when you register the product within 28 days of purchase with Morphy Richards. If you do not register the product with Morphy Richards within 28 days, your product is guaranteed for 1 year. To validate your 2 year guarantee register with us online at

www.morphyrichards.co.uk

Or call our customer registration line quoting model and serial number, these numbers can be found on the base of the product,

UK 0344 871 0242

IRE 1800 409 119

N.B. Each qualifying product needs to be registered with Morphy Richards individually.

Please note that the 2 year guarantee is only available in the UK and Ireland. Please refer to the one year guarantee for more information.

It is important to retain the retailer's receipt as proof of purchase. Staple your receipt to this back cover for future reference.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product.

Model no.

Serial no.

Your 1 Year Guarantee

All Morphy Richards products are individually tested before leaving the factory. In the unlikely event of any appliance proving to be faulty within 28 days of purchase, it should be returned to the place of purchase for it to be replaced.

If the fault develops after 28 days and within 12 months of original purchase, you should contact the Helpline number quoting Model number and Serial number on the product, or write to Morphy Richards at the address shown.

You may be asked to return a copy of proof of purchase.

Subject to the exclusions set out below (see Exclusions), the faulty appliance will then be repaired or replaced as appropriate and dispatched usually within 7 working days of receipt.

If, for any reason, this item is replaced or repaired during the 1 year guarantee period, the guarantee on the new item will be calculated from original purchase date.

Therefore it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 1 year guarantee, the appliance must have been used according to the instructions supplied. For example, crumb trays should have been emptied regularly.

Morphy Richards shall not be liable to replace or repair the goods under the terms of either the Lifetime Blade Guarantee or the 1 or 2 Year Guarantee where:

- 1 The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
 - 2 The appliance has been used on a voltage supply other than that stamped on the products.
 - 3 Repairs have been attempted by persons other than our service staff (or authorised dealer).
 - 4 The appliance has been used for hire purposes or non domestic use.
 - 5 The appliance is second hand.
 - 6 Morphy Richards reserves the right not to carry out any type of servicing under the guarantee at its discretion
 - 7 Batteries and damage from leakage are not covered by the guarantee.
- These guarantees do not confer any rights other than those expressly set out above and do not cover any claims for consequential loss or damage. These guarantees are offered as an additional benefit and do not affect your statutory rights as a consumer. Morphy Richards products are intended for household use only. See usage limitations within the location safety instructions.

Exclusions

Disclaimer

Morphy Richards has a policy of continuous improvement in product quality and design. The company, therefore reserves the right to change the specification of it's models at any time.



For electrical products sold within the European Community. At the end of the electrical products useful life, it should not be disposed of with household waste.

Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice in your country

**IF YOU ARE HAVING A PROBLEM
WITH ONE OF OUR PRODUCTS, CALL
OUR HELPLINE:**

**UK: 0344 871 0944
EIRE: 1800 409 119
SPARES: 0344 873 0710**

morphyrichards

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