

Raw Zucchini Pesto Salad

A fast and easy raw salad that tastes as good as it looks

SERVES: 4 PREP TIME: 15 MINS



2 cups (packed) basil leaves - stems removed
2 tbsp pine nuts
1 tsp salt
1 cup (grated) parmesan (divided)
120 gr mini mozzarella balls, cut in half

1 clove (minced) garlic
1 cup olive oil
Black pepper to taste
300 gr cherry tomatoes, cut in half
3 zucchini

Instructions

1. Place 1 cup of the basil, garlic, pine nuts, olive oil, salt and pepper in the bowl of a food processor. Blend on low until thoroughly combined.
2. Add the remaining 1 cup of basil and $\frac{3}{4}$ cup of parmesan to the processor and blend until smooth. Adjust salt/pepper if desired.
3. Peel and trim ends from zucchini. Spiralize with fine shredder blade (3x3).
4. Toss the zucchini noodles with as much pesto as you like. Garnish each plate with tomatoes and mozzarella. Sprinkle with additional parmesan and basil leaves.



Zucchini Bolognese



2 tbsp olive oil
2 carrots, peeled and diced small
1 onion, large - diced small
1 kg lean minced turkey (or beef)
½ tsp dried oregano
½ tsp dried thyme
½ tsp dried basil
250 gr tomato paste

2 tsp minced garlic
1½ cup red wine
2 tin 450 gr diced/pulped tomatoes
2 tin 450 gr tomato puree
1 cup milk
Salt & pepper
Zucchini (1 per person - approx)

Instructions

- Heat olive oil in a large pan. Add carrots and onion to hot pan and saute until slightly softened.
- Add the ground turkey/beef to the pan and break into small pieces.
- Add oregano, thyme, basil and garlic to the pan and combine. Cook for a few minutes.
- Create a well in the centre of the pan and add the tomato paste.
- Stir and cook 3-4 minutes over medium heat. It will begin to brown slightly and start to create a coating on the bottom of the pan. This is an important part of the – very necessary.
- Slowly add the wine and scrape the bottom of the pan to incorporate any tomato paste stuck to the bottom of the pan. Allow the wine to reduce for a few minutes.
- Add the 4 tins of tomato products and season with salt and pepper. Cook for 15 minutes.
- Add the milk, stir to incorporate and add additional salt/pepper if desired.
- Cook over low heat for 2-3 hours until reduced and most of the liquid is gone.
- Using the Paderno World-Cuisine Spiral Slicer with one of the shredder blades to create thin or thick "noodles".
- Zucchini noodles can be cooked in oven: Preheat the oven to 200 degrees. Line a couple of baking sheets with several layers of paper towels and place the noodles on the baking sheets, sprinkle lightly with salt and cook in the preheated oven for 35-40 minutes.
- Remove the noodles and press the tops with additional towels to remove any excess water.
- Serve under the warm Bolognese sauce. Alternatively, you can add the noodles directly to the sauce and cook for a few minutes before serving.
- Serve with parmesan cheese.

Szechuan Beet Noodle Bowl

An updated version of a proven taste sensation

SERVES: 4

PREP TIME: 20 MINS

COOK TIME: 25 MINS

TOTAL TIME: 45 MINS



375 gr beef sirloin, trimmed of all visible fat
2 tbsp water
1 large (or 2 small) carrots
1 handful of fresh snow peas
1 tsp minced garlic
1 tbsp Mirin
½ tsp salt

3 tsp hoisin sauce
2 large (or 3 small) red beetroot
1 bunch spring onions
1 tbsp sesame oil
1 tsp minced fresh ginger
large pinch red pepper flakes
2 tbsp hoisin sauce

Instructions

- Place hoisin and water in a large ziplock bag and mix together. Cut the beef into thin bias cut strips. Add the beef slices to the ziplock bag and seal. Massage the marinade into the beef. Place in the refrigerator.
- Insert the angel hair blade of your spiralizer, peel and trim the ends from your carrot(s) and spiralize. Chop carrot strands with a knife to create small threads and set aside.
- Insert the shredder blade of the spiralizer, peel and trim ends from the beets and spiralize. Rinse your spiralizer to avoid staining. Set the beet noodles aside.
- Cut spring onions on the bias and set aside, reserving a small portion of the green tips for garnish. Prep the snow peas by pulling the thread at one end across the pea to remove. Set aside.
- Heat a large non-stick pan over medium heat. When the pan is hot, add your beet noodles and season with salt. Toss the beets every few minutes until they begin to reduce in volume and start to soften - for about 10 minutes.
- Drizzle the sesame oil and mirin over the beets and add the red pepper flakes. Add more or less pepper flakes to suit your desired heat level. Toss to combine and cook to al dente. Remove the beet noodles to a bowl.
- Add the beef, ginger, and garlic to the same pan you cooked the beets in. Cook the beef until it's no longer pink then add the remaining 2 tbsp of hoisin sauce and stir to make a sauce. Make a well in the centre of the pan and add the snow peas. When they begin to soften, add the carrot threads and cook until softened.
- Return the beet noodles to the pan, toss to combine and heat through. When the noodles are hot, sprinkle with the spring onions and toss to combine. Allow to cook 2 minutes more - then serve! Garnish with reserved spring onion greens and sprinkle with sesame seeds if desired.

Roasted Butternut Puttanesca

All the classic Puttanesca flavours are combined with roasted butternut noodles for a unique and delicious alternative to pasta.

SERVES: 4

PREP TIME: 20 MINS

COOKING TIME: 35 MINS

TOTAL TIME: 55 MINS



1 large butternut squash
1 medium white onion, chopped
5 anchovies packed in oil, minced
Red pepper flakes
2 tin 450 gr crushed tomatoes
1½ tbsp capers
¼ cup minced flat leaf parsley
Grated parmesan - for garnish

2 tbsp olive oil (plus extra for drizzling squash)
5 cloves garlic
2 tbsp tomato paste
¼ cup red wine
1 tsp dried oregano
½ cup chopped Kalamata olives
½ lemon, zested

Instructions

1. Preheat oven to 400 degrees.
2. In a large skillet, heat 2 tablespoons olive oil and sauté onions until soft. Add chopped anchovies and garlic and cook for 1 minute.
3. Add tomato paste and cook 1 minute. Add wine, crushed tomatoes, oregano, pinch of red pepper flakes, capers, and Kalamata olives. Simmer about 30 minutes to reduce to a thick sauce.
4. Add the lemon zest and parsley and season with salt/pepper to taste. Keep heated over low heat.
5. Chop lower bulb from squash (contains seeds) and discard. Trim end and peel narrow neck of squash. Insert 3 x 3 mm blade into the spiralizer and attach squash. Turn handle to begin slicing. Every few turns of the hand, stop and remove the noodles (so they do not become too long). Place on large baking sheet, sprinkle with oil, salt and pepper and roast for 10 - 15 minutes, or until desired softness.
6. Plate warm squash noodles and top with thickened Puttanesca sauce. Garnish with grated parmesan.