



# KYCEN

Spiral Slicer

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## Spiral Slicer

Top 10 Recipes to get the most of your new Spiral Slicer



This book is a free gift with your purchase of the Kycen Spiral Slicer, it is a compilation of recipes and may not be exchanged for any monetary benefit.



## Easy to use



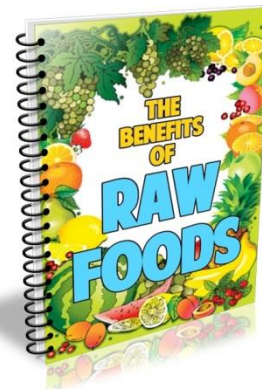
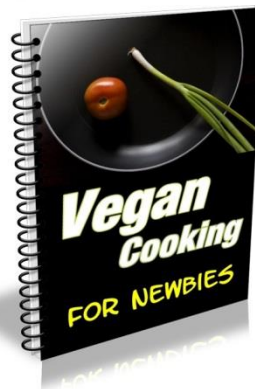
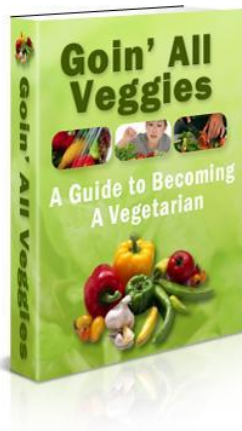
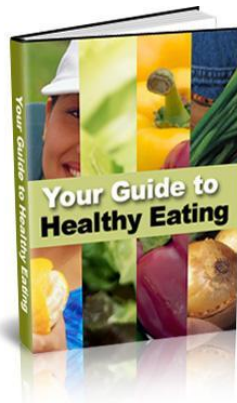
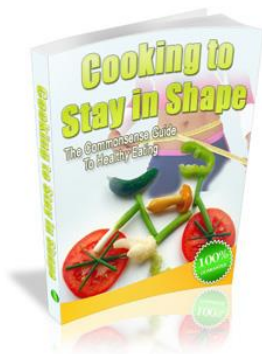
**Fits neatly into your silverware drawer. No machine to assemble. Just grab it and start to spiralize your veggie.**

The *Kycen Spiral Slicer* is easy to use, just follow this simple instructions:

1. Insert the veggie into the slicer cone and twist it like you would a pencil in a pencil sharpener.
2. Maintain a steady pressure and consistent angle as you twist to create long, curly strands. **Use it horizontally NOT vertically.**
3. Use the slicer cap for the final few turns. Cap works best with firm veggie form 1" to 1.5" in diameter, or just continue to hold it with your fingers.
4. Use the bonus brush for easy cleaning.

## 6 FREE BONUSES

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## Struggling to get more recipes?



Vegetable spaghetti is not a common dish these days, because of that people are often finding it hard to get new and delicious ideas.

That's why we want to help you with that by publishing a new recipe **everyday!**

Just follow us at Facebook, Twitter, Youtube or Pinterest.

## **10 Recipes to get the most of your new Spiral Slicer**

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## **Tomato Spaghetti**

### **Ingredients**

- 4½ Cups Zucchini
- 1½ Cups Fresh Tomato, Chopped
- ¾ Cup Sun-Dried Tomatoes (dry, not in oil)
- ½ Cup Raw Cashews, Soaked in water for 1-2 hours
- 1 Clove Garlic
- ½ tsp. Dried Basil (although fresh is preferred, 1½ tsp.)
- ¼ tsp. Sea Salt
- ⅛ tsp. Black Pepper
- ⅛ tsp. Crushed Red Pepper

### ***Instructions***

1. Spiralize the zucchini into noodles using your Kycen Spiral Slicer.
2. Place the zucchini noodles into a strainer and press lightly on them with a clean towel or cheesecloth to take out a little of the excess moisture.
3. Soak in water the Sun-dried tomatoes for 1 water.
4. Drain the sun-dried tomatoes and cashews, but save ¾-1 Cup of the tomato water in a cup for blending.
5. In a high-speed blender, or food processor, puree together the fresh/dried tomatoes, tomato water, cashews, garlic and spices until completely smooth.
6. Add in more salt and/or pepper to taste. Serve over the zucchini noodles, and top with a sprinkle of vegan Parmesan or Nutritional Yeast.
7. If you would like the dish a tad warmer, place it in a dehydrator at 115°F for 30 minutes, stirring every 10 minutes or so.

## **Zucchini Noodles with Asparagus Tomato Sauce**

### *Ingredients*

- 1 Small Zucchini
- 1 Large Tomato, chopped
- 1 Tbsp.Olive Oil
- 1/4 Cup of Asparagus, chopped
- 1/4 Cup of Green Onions, or White Onion
- 1 tsp. Italian Seasoning Mix
- 1/2-1 Tsp. Garlic Powder, or 1-2 Garlic Cloves, minced
- Sea Salt
- Pepper

### *Instructions*

1. Spiralize the zucchini into noodles using your Kycen Spiral Slicer and set aside.
2. Saute green onions with asparagus until the green onions brown a little, about 3 minutes over medium heat.
3. Add in tomato, herbs, and garlic powder and simmer over low-medium heat until you can mash up the tomato a bit to create a chunky sauce.
4. Season with sea salt & pepper to taste, add a bit of red pepper flakes for some spice.
5. Top the zucchini noodles with the sauce and toss together, serve while warm.





## **Carrot Noodles in Peanut Sauce**

### *Ingredients:*

- 5 Medium/large carrots
- 3 Green onions (plus another to garnish if you'd like)
- 2 Garlic cloves, pressed
- 1 Tablespoon sesame oil
- 1 Tablespoon minced ginger
- 3 Tablespoons unsalted peanut butter
- 1 Tablespoon of Ponzu
- 1/2-1 Tablespoon maple syrup (to taste)
- 4 Tablespoons of water
- Sea salt
- Cracked black pepper
- Red pepper flakes or sriracha (Optional)
- Black sesame seeds (Optional)

### *Instructions*

1. Spiralize the carrots into noodles using your Kycen Spiral Slicer and set aside.
2. In a small mixing bowl combine peanut butter, Ponzu, maple syrup, 1/2 of minced garlic and a pinch of salt.
3. Add water, one tablespoon at a time to thin the sauce.
4. Add more salt to taste, adjust maple syrup amount to your taste preference as well. Set aside.
5. Saute remaining garlic and ginger in sesame oil over medium-low heat for two minutes.

6. Add green onion and sauté until slightly softened, stirring often to make sure the garlic and ginger don't burn.
7. Add carrots and cook, stirring the entire time, until softened to your preference.
8. Add peanut sauce.
9. Garnish with thinly sliced green onions and black sesame seeds. Add a squeeze of lime, some red pepper or sriracha.

## **Vegetable Linguine with Walnut Pesto**

### *Ingredients:*

#### **For the pesto:**

- $\frac{3}{4}$  cup of extra-virgin olive oil
- 2 cloves of garlic, crushed
- 3 tbsp walnuts,
- 1 cup of basil, packed tightly
- $\frac{1}{4}$  cup parsley
- 1 tsp salt
- 80g parmesan cheese, freshly grated

#### **For the linguini:**

- 2 small red beetroots
- 2 heirloom carrots
- 1 yellow heirloom beetroot
- $\frac{1}{4}$  cup hazelnuts, toasted, rubbed of their skins and chopped roughly

### *Instructions*

1. Create the linguini of beetroot using your Kycen Spiral Slicer. Put into a bowl of cold water to keep linguini cruncky and fresh.
2. In a food processor or mortar and pestle, blend together the olive oil, garlic, walnuts, salt and herbs. When chopped evenly, scrape into a bowl and mix in cheese. If not using immediately store in a jar with a little extra olive oil poured over the top.
3. Peel the carrot and yellow beets and keep in the cold water until ready to serve.
4. When ready to serve, drain the linguini and mix the three colours together.
5. Add hazelnuts and enough pesto to coat the linguine.



## **Julienned Vegetables**

### *Ingredients:*

- 1 tablespoons extra virgin olive oil
- 1/4 cup red onion, diced
- 3 cloves garlic, minced
- 8 oz zucchini
- 8 oz yellow squash
- 4 oz (1 medium) carrot
- Salt and fresh cracked pepper, to taste

### *Instructions*

1. Spiralize the zucchini into julienne strips using your Kycen Spiral Slicer.
2. Spiralize the yellow squash into julienne strips using your Kycen Spiral Slicer.
3. Spiralize the carrots into julienne strips using your Kycen Spiral Slicer.
4. Heat a large nonstick skillet over medium heat. When hot add the oil, onions and garlic and cook until fragrant, about 1 to 2 minutes.
5. Increase heat to medium-high and add the remaining vegetables, season with salt and pepper to taste and cook about 1 minute.
6. Give it a stir to mix everything around and cook another 1 to 2 minutes, or until the vegetables are cooked through yet firm.
7. Adjust salt as needed and serve hot.

## **Zucchini Spaghetti with Almond Pesto**

### *Ingredients*

- 4 medium-sized zucchini
- 2 cups packed fresh basil leaves
- 2 cloves garlic
- 1/3 cup raw almonds
- juice of 1 lemon
- 1/2 cup olive oil
- 1/2 cup freshly grated parmesan cheese
- salt + pepper, to taste

### *Instructions*

1. Spiralize the zucchini into noodles using your Kycen Spiral Slicer
2. Place in a bowl, and sprinkle with salt. Let zucchini sit for 10 minutes, and drain and pat zucchini dry.
3. Meanwhile, in a blender or food processor, pulse basil, garlic, almonds and lemon while streaming in olive oil slowly until mixture is blended but still slightly chunky.
4. Scoop into a bowl, add parmesan cheese and salt + pepper, and toss until mixed.
5. To serve, place zucchini noodles in a bowl and mix with two heaping tablespoons of pesto.





## **Pepperoni Spaghetti**

### *Ingredients*

#### **For the pasta:**

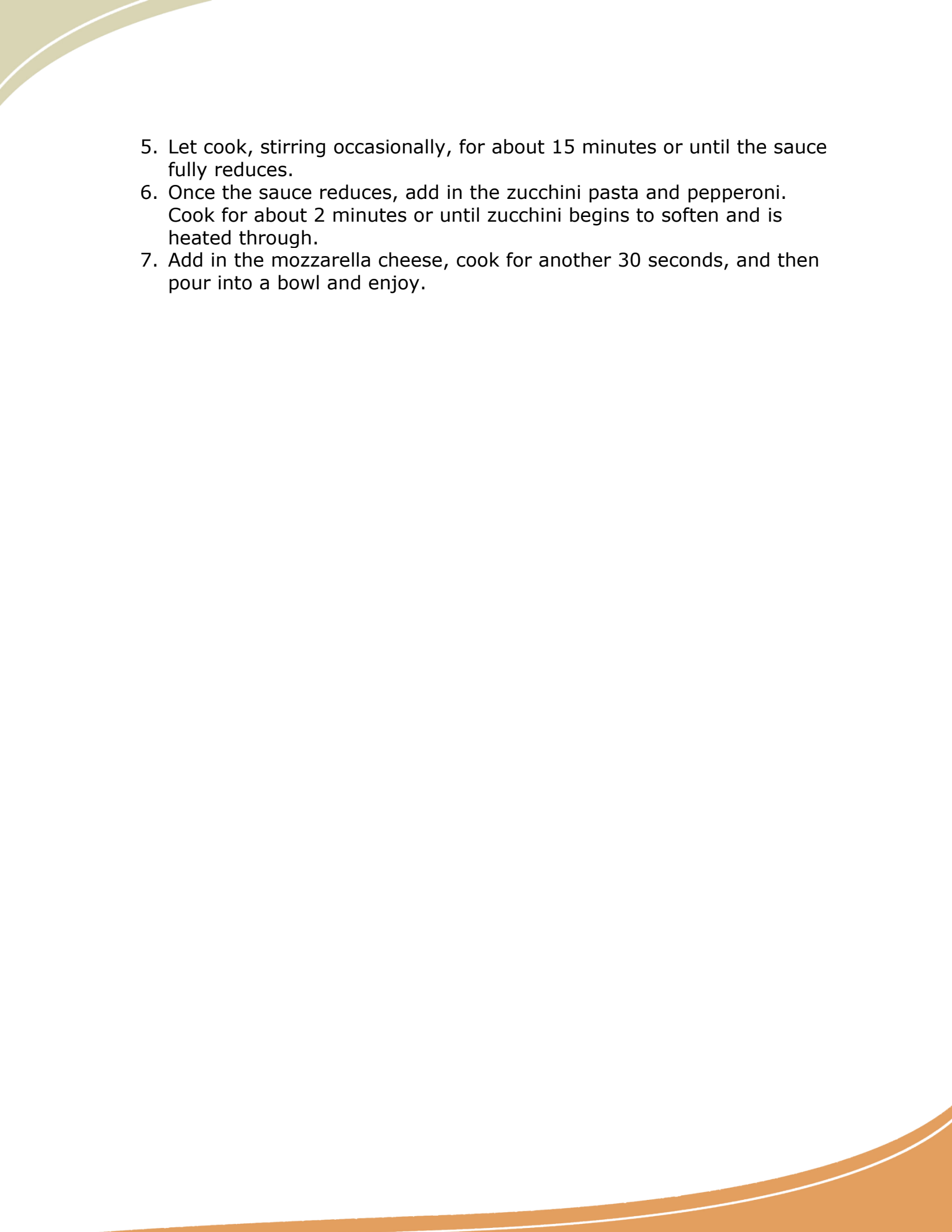
- 1.5 zucchinis
- 1/3 cup chunkily-chopped mozzarella
- 10 pepperoni slices
- 1-2 slices of crusty whole grain bread (optional, for dipping)

#### **For the pizza sauce:**

- 1 (14oz) can of crushed tomatoes
- 1/3 cup chopped red onions
- 1 garlic clove, minced
- 1 tbsp olive oil
- salt and pepper, to taste
- 1/4 tsp red pepper flakes
- 1 tsp dried oregano flakes
- 1/2 tsp dried basil flakes
- 1 tsp tomato paste

### *Instructions*

1. Spiralize the zucchini into noodles using your Kycen Spiral Slicer
2. Place a large skillet over medium-low heat and add in the olive oil.
3. Once the oil heats, add in the garlic. Cook garlic for 1 minute and add in the red pepper flakes. Cook for 30 seconds and then add in the chopped onion. Stir and cook for about 2 minutes or until onions begin to soften.
4. Add in the crushed tomatoes, season generously with salt and pepper and add in the oregano and basil flakes. Stir to combine.

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5. Let cook, stirring occasionally, for about 15 minutes or until the sauce fully reduces.
  6. Once the sauce reduces, add in the zucchini pasta and pepperoni. Cook for about 2 minutes or until zucchini begins to soften and is heated through.
  7. Add in the mozzarella cheese, cook for another 30 seconds, and then pour into a bowl and enjoy.



## **Zucchini noodles with pumpkin seed and garlic sauce**

*Ingredientes:*

### **Noodles:**

- 2 small zucchinis

### **Sauce:**

- 1/4 cup raw pumpkin seeds
- 2 tablespoons nutritional yeast
- 1-2 chopped garlic cloves
- 1/4 cup basil leaves/other fresh herbs
- 2 tablespoons raisins/dates
- As much nut milk or water as needed

*Instructions:*

1. Spiralize the zucchini into noodles using your Kycen Spiral Slicer, set aside.
2. For the sauce blend all ingredients until smooth adding water.
3. Massage the sauce into the noodles until evenly coated.
4. Let them rest for a minute to soften and marinate.



## **Cucumber Noodles with Cumin and lemon**

### *Ingredients:*

- 1 whole cucumber
- 1 whole lemon, zested and juiced
- 1 tablespoon sea salt
- 1 teaspoon cumin

### *Instructions:*

1. Spiralize the cucumber into noodles using your Kycen Spiral Slicer
2. Place it in a bowl and toss with the lemon juice, sea salt, and cumin.
3. Transfer to a bowl and garnish with lemon zest.





## **Zucchini Spaghetti with Avocado and Cucumber Sauce**

### *Ingredients:*

#### **For the pasta**

- 1 large zucchini
- Grape, cherry or mini heirloom tomatoes, halved
- Jalapeño, thinly sliced and seeds removed
- Arugula
- Zest of one meyer lemon or regular lemon
- Pea shoots (Optional)

#### **For the Avocado-Cucumber Puree**

- 1 Medium avocado
- 1 Cucumber, peeled and sliced thick
- A few large leaves of basil
- 1 Meyer lemon or regular lemon, juice of
- 2 Garlic cloves
- ¼ Teaspoon white pepper or black pepper to taste
- Salt

### *Instructions:*

1. Spiralize the zucchini into noodles using your Kycen Spiral Slicer
2. For the puree, place all ingredients into a food processor/blender and process until creamy. Taste for flavor adding anything extra you might like.
3. Toss zucchini pasta with avocado-cucumber puree and a handful of arugula. Serve with tomatoes, peas shoots, jalapeños, lemon zest, lemon wedges and fresh cracked pepper.

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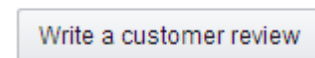
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