

Time to Spiralize (with Ideal World)

Twist and shout, get your Spiralizer out!

Sorry, I don't know where that phrase came from but it made me chuckle so I left it in.

Spiralizing is HUGE at the moment.

People are going crazy for courgetti and various other twisted delights made courtesy of these simple little kitchen devices and I am now jumping on the bandwagon. Well, if you can't beat them, spiralize them right?!

[via GIPHY](#)

I was lucky enough to be sent a brand [new spiralizer by Ideal Home](#) the other week and I have been giving it a whirl (pardon the pun) to see if it change our mealtimes and eating habits at all.

How does the Spiralizer work?

If you're unfamiliar with how these spiralizers work, they are essentially a simple bit of kit with a blade and a spiked handle which you twist. This causes the veg or fruit to become ribbons, noodles or spaghetti depending on what blade you have in it. They have become really popular due to people becoming

more conscious about what they're eating (i.e; less carbs and more fruit and veg), food intolerance's (gluten allergies etc), being more cost effective (a courgette which you buy whole costs a lot less than a ready prepared one) and just to make every day meals a bit more interesting in a simple way.





This particular Spiralizer by Ideal World isn't hand held like some of them, it is a worktop one (and has suction feet to stop it sliding about your worktop as you use it). Despite being made of plastic, it is very sturdy, not at all flimsy or cheap feeling, and it comes with 3 interchangeable blades for varying types of cuts. The spare blades can be kept under the spiralizer itself to keep them safe and out the way. Despite it being a worktop machine, it isn't too large and is smaller than most other kitchen gadgets/appliances I have.

The machine was really simple to put together, it was also easy to clean once it had been used, though the carrot I spiralized did stain the plastic a little so I had to soak it for a little while to get it white again rather than just giving it a rinse. A minor quibble really.

Under my supervision, even my 9 year old had a go at spiralaizing some carrot which we then cooked and mixed with some spaghetti for a 'half and half' bolognese. The kids wouldn't eat a whole bowl of spiralized carrot but mix it with half cooked spaghetti, they happily scoffed it up!

Luke also found it very amusing that the spiralizer leaves you with the middle of the vegetable when spiralizing

carrots/courgette. I just ate this myself as a snack rather than binning it but Luke thought it looked like a nail or screw made from carrot. I can see his point! Haha!





The spiralizer also came with a recipe book which was full of healthy and unusual ideas for a meal. If I am honest, my kids wouldn't entertain eating one single recipe suggestion in it (they are mega fuss pots so the fact they even ate spiralized carrot was a small victory for me!) but myself and my husband are going to try some so I will let you all know how they turn out once we have.

At the time of writing (March 2017) the Spiralizer is on sale for just £9.99 which is cheaper than I have even seen in the shops so I genuinely do think this is a super price for a well made, and useful, piece of kitchen kit.

Just please be careful with the blades! They are VERY sharp and I have known many a person hurt themselves by being a little too carefree. Just take care when inserting/removing them and especially when washing them.

What are the best vegetables to spiralize?

There are a few vegetables that were just born to be spiralized – like Gin was made to be drunk...by me.

The firm texture of root vegetables makes them perfect for spiralizing, but you can also use softer ones like cucumbers, squashes or pumpkins. A few firm fruits such as apples and pears can also be twirled through your spiralizer and added into salads or made into coleslaw.

My top 5 things to spiralize!



Courgette

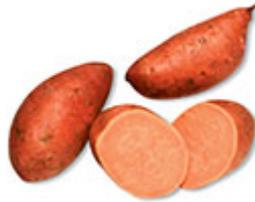
Forget your carbs and spaghetti, this year it's all about 'courgetti.' Use the thin noodle attachment on the spiralizer to create long twirls of pasta-like vegetable noodles. Simply boil the spirals for 20 seconds, then top with Bolognese or stir through pesto and some prawns. A simple meal in minutes!



Carrots

Raw carrot ribbons, made with the slicing blade, add texture

and crunch to a salad or coleslaw. You can also stir-fry the carrot ribbons along with some beansprouts, courgetti, chicken and anything else you fancy for a quick and healthy dinner.



Sweet potato

Use the thicker noodle blade to create sweet potato curly fries, toss in a little oil and bake until crisp. I like to dip mine in some garlic mayo. Yummers!



Apples

Coleslaw will literally never be the same again. Add texture to it with apple noodles; just make sure you toss in lemon juice as soon as the apple noodles come out of the spiralizer to prevent them from the dreaded browning.



Beetroot

This vividly coloured root veg is so good for your body being high in fibre, folic acid, magnesium and potassium. Simply spiralize and add into salads, as a side dish to be served with a simple dressing and some feta cheese at dinner or even,

add into a cake! (Yep, beetroot chocolate cake really works folks!)

So, all in all, I would honestly recommend this [Ideal World spiralizer](#) if you were looking into buying one. It's so idiot proof even I managed to use it and it has helped enhance our mealtimes by making sure we get a few more portions of veg in each day, which can only be a good thing.

Do you have a spiralizer?

What do you like to make with it?

Disclosure: I was sent this spiralizer by Ideal World for the purpose of this review. All words, thoughts and opinions are my own.