

# emsley Hemsley Spiralizer BRAND NEW amp UNUSED IN BOX (16 GBP)



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-531356-z>



Hemsley + Hemsley Spiralizer BRAND NEW & UNUSED IN BOX

The Hemsley + Hemsley Spiralizer, by health food gurus, and authors Jasmine and Melissa Hemsley is a must-have for turning your favourite vegetables into spirals in minutes. It has already been featured in The Telegraph Christmas list, Evening Standard's Gift Guide and on BBC Saturday Kitchen.

A secret weapon for the health-conscious cook, the Spiralizer is useful for packing your meals full of nutrient rich vegetables, which can be enjoyed raw and served crunchy, or softened as they are tossed through a hot sauce or marinated in a dressing.

An essential tool for the Hemsleys in their everyday cooking, it is perfect for preparing dishes from their best-selling cookbook The Art of Eating Well. Some of their most popular recipes such as Beef Ragu and Courgetti (spaghetti made from courgette), Sesame Chicken Cucumber Noodle Salad and nourishing Vietnamese Pho soup are simple to make with a spiralizer at hand.

Made from strong, food-grade ABS plastic which is BPA Free and recyclable, it features 3 interchangeable blades; one blade for fine cucumber and butternut squash ribbons and 2 blades for making noodles, the possibilities are endless. It is easily stored when not in use and the blades fit neatly underneath the machine.

"The spiralizer is a fantastic way to get children involved in the kitchen, offering a way to base meals on fresh vegetables quickly and easily. It is also for anyone wanting to reduce the amount of refined and processed food in their diet, as pastas and noodles which are made from refined grains and oils. The spiralizer can slice cucumbers, zucchini, sweet potato, butternut squash, carrot, beet, celery, kohlrabi, turnip, radish, pear, apple, onion, cabbage and more. It is easy to use and plastic free."

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