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Spiralizer 4-Blade Vegetable Spiralizer Sedhoom Heavy Duty Spiral Slicer Zucchini Noodle & Veggie Pasta & Spaghetti Maker for Low Carb/Paleo/Gluten-Free Meals Apple Peelers

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This simple quick-fix supper is a great way to use your spiralizer. Sweet potato, avocado, a runny egg and a drizzle of spicy sriracha make a delectable dinner

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From Bang Bang Chicken and Vegetable Noodles to Skinny Carrot Fries and Spiralized Squash & Sage Risotto, you can transform any vegetable into a deliciious meal which is the equal of its indulgent original. Soups, salads, snacks and sweet treats are all covered, as well as family favourites like Cottage Pie and Chicken Wings.

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