

# GEORGE FOREMAN®

HEALTHY LIVING

*Veggie  
Spiralizer*



## GEORGE FOREMAN® VEGGIE SPIRALIZER

Instructions & Warranty

GFVS1000\_IB&RB\_FA\_140916  
Part No T22-5003425

**GFVS1000**

**Spectrum Brands Australia Pty Ltd**

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## **Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects**



In this warranty:

**Australian Consumer Law** means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

**CGA** means the New Zealand Consumer Guarantees Act 1993;

**Goods** means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

**Manufacturer, We or us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;  
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

**Supplier** means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

**You** means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials from the date of purchase (**Warranty Period**), for the period of 1 year from the date of purchase (**Warranty Period**).

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

## Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
6. The warranty granted under clause 3 is limited to repair or replacement only.
7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
8. In order to claim under the warranty granted under clause 3 you must:
  - (a) Retain this warranty with your receipt/proof of purchase; and
  - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
9. This warranty is immediately void if:
  - (a) Any serial number or appliance plate is removed or defaced;
  - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.

Contact us or the Supplier for further details.

## Register your product online

If you live in Australia please visit: [www.spectrumbrands.com.au/warranty](http://www.spectrumbrands.com.au/warranty)

If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

**Any questions?** Please contact Customer Service for advice.

## IMPORTANT SAFEGUARDS

Read all instructions before, and follow whilst using this appliance.

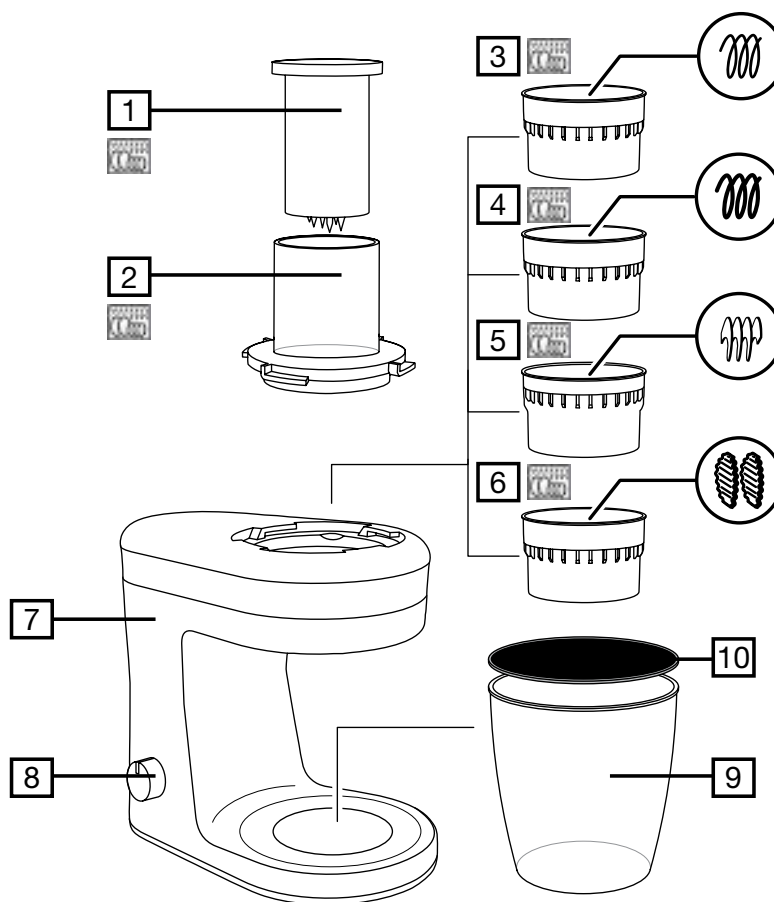
When using this appliance, basic safety precautions should always be followed, including the following:


1. Care must be taken when handling sharp cutting blades during emptying and cleaning.
2. Don't run the appliance for more than 3 minutes. After 3 minutes, switch off for at least 2 minutes.
3. Keep hands and utensils out of the feed chute while spiralizing to reduce the risk of severe injury to persons or damage to the spiralizer.
4. Never feed food by hand. Always use food pusher.
5. Blades are sharp. Handle carefully.
6. Do not attempt to defeat the cover interlock mechanism.
7. Do not use in the bathroom or near any source of water.
8. Do not use outdoors.
9. This product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by a person responsible for their safety.
10. This appliance is not a toy. Children must be supervised to ensure they do not play with this appliance.
11. Cleaning or user maintenance shall not be carried out by children without the supervision of a person responsible for their safety.
12. Always switch off and disconnect this appliance from the wall power outlet when not in use and before cleaning.
13. To disconnect, turn off the wall power outlet, then grasp and remove the plug. Never pull by the cord.
14. Do not operate the appliance with a damaged cord or plug or after the appliance has malfunctioned, or has been dropped or damaged in any manner. Contact customer service for replacement, examination, repair or adjustment.
15. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid a hazard.
16. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with reduced physical, sensory and mental capacities.
17. Do not move the appliance whilst in use.
18. Do not use the appliance for other than its intended purpose.
19. Misuse of this appliance may result in potential injury.
20. This appliance is not intended to be operated by means of an external timer or separate remote control system.
21. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD / 'Safety Switch') having a rated residual operating current not exceeding 30mA. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.
22. This appliance is intended to be used in household and similar applications such as:
  - Staff kitchen areas in shops, offices and other working environments;
  - Farm houses;
  - By clients in hotels, motels, and other residential type environments;
  - Bed & breakfast type environments.

## SAVE THESE INSTRUCTIONS

Congratulations on the purchase of your George Foreman Veggie Spiralizer. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the appliance.

When using electrical appliances, basic safety precautions should always be followed.



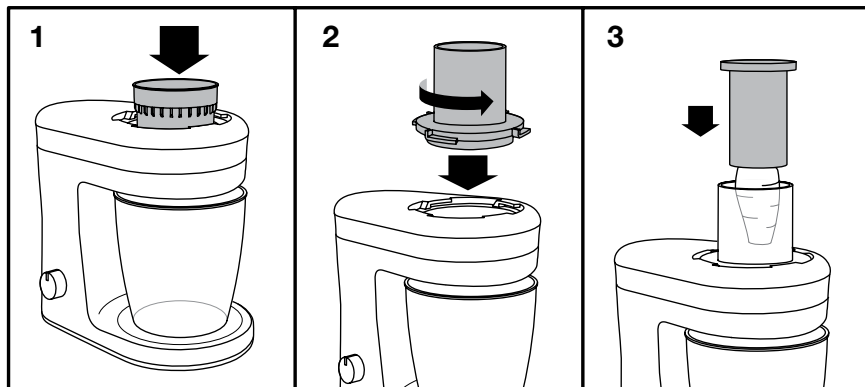
- |                             |   |
|-----------------------------|---|
| 1. Food pusher              | 7. Motor unit   |
| 2. Feed chute               | 8. On/Off Dial  |
| 3. Thin noodle shape blade  | 9. Container  |
| 4. Thick noodle shape blade | 10. Container lid   |
| 5. Thick slice shape blade  |  Dishwasher safe |
| 6. Wavy cut shape blade     |   |

## BEFORE FIRST USE

1. Remove all packing material, any stickers, and the plastic band around the power plug.
2. Remove and save instruction booklet.
3. Wash all removable parts as instructed in CARE AND MAINTENANCE section of this manual.

**CAUTION: Handle blades very carefully. They are sharp.**

4. Select a dry, level countertop where the appliance is to be used, allowing air space on all sides to provide proper ventilation for the motor.











## ASSEMBLY

- Sit the appliance on a dry, stable, level surface.
  - Route the cable so it doesn't overhang, and can't be tripped over or caught.
  - Don't plug it in until you have finished assembling it.
1. Put the container underneath the opening on the motor unit.
  2. Put the chosen blade into the opening on the motor unit (Fig. 1).
  3. Put the feeder chute into the opening then turn it counter clockwise until it locks (Fig 2).

## USING YOUR SPIRALIZER

1. Determine which blade you will be using. Each blade is marked with a symbol (shown below) to help you easily understand which blade is which.

THIN NOODLE	THICK NOODLE	THICK SLICE	WAVY CUT
			
<i>Perfect for:</i> spaghetti noodles	<i>Perfect for:</i> fettuccine and linguine noodles	<i>Perfect for:</i> potato slices, salad toppings	<i>Perfect for:</i> wavy veggie chips, salad toppings
			

2. Always make sure your spiralizer is set to **O** (OFF) and unplugged before assembly. Make sure the motor base is on a flat, level surface.
3. Holding the outer lip of the blade top, place the selected blade into the opening on top of the motor base. (A)



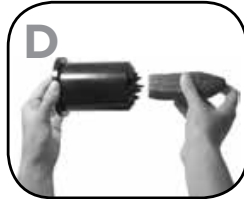
4. Lock the feed chute to the base by turning counterclockwise. (B)



5. Cut a thin slice from one end of your produce. (C)



6. Place the container under the feed chute.
7. Put the plug into the power socket.
8. Impale the prepared food centrally onto the teeth on the end of the pusher. (D)



9. Set the switch to the I position. (E)



10. Place the pusher/food into the feed chute and apply downward pressure.

**Note:** If food at the end of the food pusher begins to rotate, it will not be processed. Stop the machine and reconnect the food to the food pusher.

11. The food will be processed and collect in the container.
12. When finished, turn spiralizer OFF (O). Allow the blade to stop revolving and unplug appliance before removing feed chute. Twist the feed chute clockwise to unlock.

**CAUTION:** Always unplug appliance when not in use.

13. Carefully remove blade by grasping the outer lip of the blade top.





**Note:** Most fruits and vegetables only take 20 seconds to 1 minute (at most) to spiralize. Turn off the spiralizer between ingredients.

**Keep constant downward pressure on the food with the pusher during processing.**



## WHAT CAN YOU SPIRALIZE?

The Spiralizer is designed to take a variety of fruits and vegetables and turn them into unique shapes and sizes for use in meal preparation. Below are some suggestions to get you started.

Food	Blade Type				Comments
					
Apple	✓	✓	✓	✓	Trim to fit feed chute. Leave core/seeds in.
Beetroot	✓	✓	✓	✓	Trim to fit feed chute. Remove leaves.
Butternut Pumpkin	✓	✓	✓	✓	Peel and trim to fit feed chute.
Broccoli	✓	✓	✗	✗	Stalks only. Trim to fit feed chute
Carrot	✓	✓	✓	✓	Trim to fit feed chute. Cut off the top and bottom.
Cabbage	✗	✗	✓	✓	Red and white, not Savoy. Trim to fit feed chute.
Celeriac	✓	✓	✓	✓	Peel and trim to fit feed chute.
Cucumber	✓	✓	✓	✓	Process whole.
Melon	✓	✓	✓	✓	Slightly underripe, firm melons process best. Trim to fit feed chute.
Onion	✓	✓	✓	✓	Trim to fit feed chute.
Parsnip	✓	✓	✓	✓	Trim to fit feed chute.
Pear	✓	✓	✓	✓	Trim to fit feed chute.
Potato	✓	✓	✓	✓	Peel and trim to fit feed chute.
Sweet potato	✓	✓	✓	✓	Peel and trim to fit feed chute.
Turnip/Swede	✓	✓	✓	✓	Peel and trim to fit feed tube.
Zucchini	✓	✓	✓	✓	Cut off the top and bottom.

**Note:** We do not recommend spiralizing dough, or fruits and vegetables that are frozen, hollow, very soft, or that have pits.

✓ = suitable, ✗ = unsuitable

## HINTS AND TIPS

- Cut a small piece off the larger end of your produce to create a flat, even surface to attach the food pusher to.
- Trim long/thick ingredients so that they will fit the feed chute without jamming.
- Fresh, firm fruits and vegetables produce the best results.
- Cover and refrigerate any processed ingredients you are not immediately using.
- Some ingredients will discolour quickly so it's best to process these ingredients last.
- Processed apples, pears, etc. can be mixed with a little lemon juice to help prevent browning.
- To cut spirals to a shorter length, lift the pusher up slightly away from the blade and then push it back in to stop and restart the spiralizing action.
- Always remove seeds, core and pits before spiralizing.
- When spiralizing produce with high water content, like cucumbers, squeeze water out of noodles with a tea towel.
- Peeling is not necessary on all fruits and vegetables, only for those with tough exteriors.

## CARE AND MAINTENANCE

Switch off (O) and unplug before cleaning.

**WARNING: Blades are very sharp. Handle with extreme care.**

1. Wash the removable parts in warm soapy water, rinse, and dry.
2. You may wash the blades, container, feed chute and pusher in a dishwasher (top rack only). The harsh environment inside the dishwasher will affect the surface finishes. The damage should be cosmetic only, and should not affect the operation of the appliance.
3. Wipe the outside surfaces of the appliance with a clean damp cloth.

## STORING

Arrange your spiralizer as follows so that it takes up the minimum of storage space.

1. Stack three blades inside the container and one into the unit. Then put the container under the opening of the motor unit.
2. Turn the feed chute upside down and insert it into the motor unit opening
3. Put the pusher into the feed chute.



## TROUBLESHOOTING

PROBLEM	SOLUTION
Spiralizer doesn't turn on	<ul style="list-style-type: none"><li>• Make sure the feed chute is properly aligned and locked in place.</li><li>• Check to make sure the spiralizer is plugged in.</li><li>• If you have a circuit breaker box, be sure the circuit is closed.</li><li>• Unplug the spiralizer and plug it back into the outlet.</li></ul>
Spiralizer not working properly/blade stops	<ul style="list-style-type: none"><li>• The blade is most likely clogged. Turn spiralizer off, remove blade and clean, replace blade in base and continue spiralizing.</li><li>• Make sure the ingredients are suitable for spiralizing.</li></ul>
Feed Chute won't lock in place	<ul style="list-style-type: none"><li>• Make sure the blade is installed correctly.</li><li>• Make sure there is no food or other object blocking the interlock system.</li></ul>





# GEORGE FOREMAN<sup>®</sup>

HEALTHY COOKING



# RECIPES

## GEORGE FOREMAN<sup>®</sup> VEGGIE SPIRALIZER

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Manufactured in China to Spectrum Brands specifications.

Recipes are to be used in conjunction with the GFVS1000 George Foreman Veggie Spiralizer.  
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# SPIRALIZER RECIPES

## **SIMPLE CUCUMBER AND HERB SALAD**

*(Serves approx. 5-6)*

### **Ingredients:**

2 cucumbers

15g mixed chopped herbs (parsley, chives, mint, dill, etc.)

½ lemon, juice and zest

Salt and cracked black pepper to taste

### **Method:**

1. Spiralize the cucumber with the thick slice shape.
2. Cut the cucumber ribbons into 4-5 cm pieces.
3. Combine with the remaining ingredients and serve.

## **MELON RIBBONS WITH STRAWBERRIES AND MINT**

### **Ingredients:**

1 honeydew melon

8 ripe strawberries

12 blueberries

1 bunch fresh mint

### **Method:**

1. Spiralize half the melon using the thick slice shape. Juice the other half.
2. Add the melon juice to a pan with six sprigs of mint. Bring to the boil then leave to cool and infuse.
3. Remove the stalks from the strawberries then wash them and cut them into quarters.
4. Wash the blueberries. Arrange the fruits in layers on a plate.
5. Add a few mint leaves then pour over some of the juice before serving.



# SPIRALIZER RECIPES

## EGG FRIED ZUCCHINI NOODLES WITH CHICKEN

(Serves approx. 4)

### Ingredients:

2 large zucchinis  
5g fresh ginger, finely grated  
200g boneless chicken thigh, cut into 1-2 cm pieces  
4 spring onions, sliced  
½ bunch fresh coriander, chopped  
½ red chilli, finely diced  
3 medium free range eggs  
30ml vegetable oil  
20ml sesame oil  
20ml dark soy sauce  
Salt and pepper to taste

### Method:

1. Spiralize the zucchinis with the thin noodle shape blade. Cut the strands into 4-5 cm pieces.
2. Heat the oil then fry the chicken for 4-5 minutes stirring occasionally until golden brown all over.
3. Add the chilli, ginger and salt and pepper and fry for a further 1-2 minutes.
4. Remove the cooked chicken from the pan and drain on kitchen paper. Return the pan to the heat.
5. Whisk the eggs together then add them to the pan. Keep stirring with a fork to break them up as they cook.
6. When the eggs are cooked add the zucchini noodles, season and fry for 3-4 minutes.
7. Add the spring onions, sesame oil and the cooked chicken and fry for a further 2-3 minutes. Stir in the soy sauce and coriander and serve.

# SPIRALIZER RECIPES

## **SWEET POTATO LINGUINI WITH RED CAPSICUM SAUCE**

*(Serves approx. 4)*

### **Ingredients:**

- 2 sweet potatoes
- 3 red capsicum cut into approx. 1 cm dice
- 2 red onions, finely diced
- 3 garlic cloves, finely chopped
- 3g paprika
- 30ml olive oil
- 100ml white wine
- 200ml cream
- ½ bunch fresh flat leaf parsley, chopped
- Salt and pepper to taste

### **Method:**

1. Spiralize the sweet potatoes with the thick noodle shape blade. Cut the strands into 4-5 cm pieces.
2. Cook the sweet potato in boiling salted water for 2 minutes. Drain then place in iced water for a few seconds before removing and drying on kitchen paper.
3. Heat the olive oil until hot then fry the onion and garlic for 1-2 minutes.
4. Add the capsicum and paprika and fry for a further 3-4 minutes until they are soft.
5. Add the wine and simmer until the wine has reduced by  $\frac{3}{4}$  before adding the cream.
6. Bring to the boil then stir in the sweet potato, season and add the chopped parsley. Serve with grated parmesan.

# SPIRALIZER RECIPES

## **BUTTERNUT PUMPKIN NOODLES WITH CHICKEN AND SAGE**

*(Serves approx. 4)*

### **Ingredients:**

1 butternut pumpkin  
30ml olive oil  
1 red onion, finely diced  
2 garlic cloves, finely chopped  
1 bunch of fresh sage  
400g boneless chicken, cut into 1-2 cm pieces  
50g butter  
100g stilton cheese  
Salt and pepper to taste

### **Method:**

1. Spiralize the butternut pumpkin with the thin noodle shape blade.
2. Heat the oil in a pan then add the chicken and fry for 5-6 minutes.
3. Stir to ensure the chicken is evenly browned.
4. Add the onion and garlic and cook for a further 3-4 minutes.
5. Add the butter and half of the chopped sage. When the butter is starting to foam add the butternut pumpkin, season and fry for 5-6 minutes.
6. Serve sprinkled with the rest of the sage and the crumbled stilton.

# SPIRALIZER RECIPES

## BEETROOT, GOAT'S CHEESE, WALNUT AND APPLE SALAD

*(Serves approx. 5-6)*

### **Ingredients:**

5 beetroots

120g walnuts, roasted and lightly crushed

2 gala apples, peeled, cored

250g soft goat's cheese

20ml olive oil

½ lemon, juice and zest

Salt and pepper to taste

### **Method:**

1. Spiralize the beetroot with the thin noodle shape blade then cut the strands into approx. 3-4 cm pieces.
2. Spiralize the apple with the thick slice shape blade then cut the ribbons into approx. 1-2cm pieces.
3. Mix with the remaining ingredients being careful not to break the goat's cheese up too much.

# SPIRALIZER RECIPES

## ZUCCHINI SPAGHETTI WITH AVOCADO, PINE NUTS, MOZZARELLA AND BASIL

*(Serves approx. 4)*

### **Ingredients:**

1 large zucchini  
2 avocados  
½ onion  
20ml olive oil  
8 cherry tomatoes, halved  
3 rashers streaky bacon, cooked until crispy  
40g pine nuts, toasted  
2 bunches basil  
½ lemon, juice  
Buffalo mozzarella

### **Method:**

1. Spiralize the zucchini with the thick noodle shape blade.
2. Spiralize the onion with the thick slice shape blade.
3. Peel the avocados and put them into a food processor.
4. Add the basil leaves, lemon and season lightly. Process until smooth. Heat the olive oil in a pan then add the onion and fry for 2-3 minutes without browning.
5. Add the seasoned zucchini spaghetti then fry for 3-4 minutes without browning. Add the pine nuts and tomatoes and cook for another 2-3 minutes. To serve, sprinkle the zucchini with the crispy bacon, add a spoonful of the avocado mix and garnish with torn pieces of mozzarella.

# SPIRALIZER RECIPES

## CHICKEN, ZUCCHINI AND BUTTERNUT PUMPKIN LASAGNE

(Serves approx. 6-8)

### Ingredients:

6 chicken breasts, sliced thinly

2 large zucchini

1 butternut pumpkin

3 tsp paprika

Lasagne sheets

300g grated cheese

Salt and pepper to taste

### For the béchamel sauce:

120g plain flour, sieved

120g butter

1L milk

200ml double cream

1 tsp English mustard

½ whole nutmeg, ground

### Method:

1. Spiralize the zucchini and sweet potatoes with the thick slice shape blade. Cut the ribbons into 5-6 cm pieces.
2. To make the béchamel heat the milk in a pan, and in a separate pan, carefully heat the butter without browning it. Stir the flour into the butter stirring continuously for 2-3 minutes on a medium heat. The flour should be a golden colour.
3. Next, use a ladle to add a little of the heated milk to the butter/flour mixture stirring continuously until the milk has been combined.
4. Continue until all of the milk has been added. Stir in the cream, mustard and nutmeg then check the seasoning and remove the pan from the heat.
5. Build up your lasagne in layers. Place a layer of lasagne sheets in the bottom of an oven proof tray.
6. Put over that a layer of chicken, butternut pumpkin, zucchini and béchamel sauce and sprinkle with paprika.
7. Then, add a layer of lasagne sheets followed by the chicken mixture and continue in this way until the chicken, butternut pumpkin and zucchini have been used up.
8. The top layer should consist of the remains of the béchamel sauce sprinkled with the cheese. Cook in an oven on 175°C for 30-35 minutes until the chicken is thoroughly cooked.

# SPIRALIZER RECIPES

## **SWEET POTATO SPAGHETTI WITH CHORIZO, RED CAPSICUM AND BASIL**

*(Serves approx. 4)*

### **Ingredients:**

2 sweet potatoes

100g chorizo, diced

30ml olive oil

10 red capsicums, seeds removed

1 onion, peeled and sliced

½ red chilli, finely diced

Juice of ½ a lemon

1 bunch fresh basil

Salt and pepper to taste

### **Method:**

1. Spiralize the sweet potatoes with the thin noodle shape blade. Cut the strands into 6-7cm pieces.
2. Cut two of the capsicums into 1cm dice and set aside. Roughly chop five of the red capsicums and juice the remaining three.
3. Heat the oil in a pan then add the onions and chilli. Fry until soft (without browning).
4. Next, add the roughly chopped capsicums and again fry until soft (without browning).
5. Add the juiced capsicums and simmer for approx. 20 minutes until the liquid has cooked into the capsicums, season to taste, add the lemon juice and blend until smooth.
6. In a separate pan, fry the chorizo until lightly browned then add the diced capsicums and fry for 4 – 5 minutes, stirring frequently.
7. Then, add the sweet potato and fry for 5-6 minutes stirring frequently. Add enough of the red capsicum sauce to coat the sweet potato spaghetti and cook for a further 3-4 minutes.
8. Serve sprinkled with torn basil leaves.

# SPIRALIZER RECIPES

## **BEETROOT AND CARROT SALAD**

*(Serves approx. 6)*

### **Ingredients:**

3 medium beetroots, spiralized with wavy blade

3 medium carrots, spiralized with wavy blade

1/4 cup dried mango, chopped

1/4 cup dried cherries, chopped

1/4 cup shelled pistachios

2 Tbsp. cherry jam

2 Tbsp. red wine vinegar

1 Tbsp. olive oil

### **Method:**

1. In a small bowl, mix together the preserves, vinegar and oil.
- 2 In a medium bowl, toss together the remaining ingredients.
3. Pour the dressing over the top and toss to combine.
4. Serve cold as a colorful side salad with your next dinner.