



Microplane
THE ORIGINAL®



Nutrition Facts

Amount Per Serving

Calories 369

% Daily Value*

Total Fat 18.5g **29%**

Saturated Fat 2.9g **15%**

Cholesterol 0g **0%**

Sodium 401.6mg **17%**

Total Carbohydrate 45.1g **15%**

Dietary Fiber 6.6g **26%**

Sugars 9.1g

Protein 9.4g **19%**

Vitamin A 142% • Vitamin C 15%

Calcium 9% • Iron 21%

Recipe Featuring the Microplane Spiral Cutter

Sweet Potato Noodles with Cashew Sauce



Author: Pinch of Yum www.pinchofyum.com

Serves: 4

INGREDIENTS:

- 1 cup cashews
- ¾ cup water (more for soaking)
- ½ teaspoon salt
- 1 clove garlic
- 1 tablespoon oil
- 4 large sweet potatoes, spiralized
- 2 cups baby spinach
- A handful of fresh basil leaves, chives, or other herbs
- Salt and pepper to taste
- Olive oil for drizzling

Tool to Use! Microplane® Spiral Cutter

- A small and large barrel to accommodate both long and slim vegetables as well as chunkier foods
- Surgical grade stainless steel blades
- Top rack dishwasher safe



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DIRECTIONS:

Cover the cashews with water in a bowl and soak for 2 hours or so. Drain and rinse thoroughly.

Place in a food processor or blender and add the ¾ cup water, salt, and garlic. Puree until very smooth.

Heat the oil in a large skillet over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp.

Remove from heat and toss in the spinach - it should wilt pretty quickly.

Add half of the herbs and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.

The Microplane® Tool to use: **Spiral Cutter - 48709**

