



# CHOP N PREP

## RECIPES & COOKING GUIDE



### FEATURES AND BENEFITS

Ideal for cutting fresh herbs, ginger, vegetables, fruits, olives for tapenade, cooked eggs, cooked beans, cubed cheese, cooked and cooled meats, baby food, sauces, dips, hummus, cold salads such as tuna or egg, personal size omelets, coleslaw and nuts. Add solids first, then liquids.

- Base features an anti-skid bottom so it remains stable when using.
- The cover has a pull cord mechanism for effortless chopping.
- Easy to use design. Hold the ergonomically shaped cover and pull the cord to rotate the three non-rusting, stainless steel blades eight times.
- Cover securely attaches to the anti-skid, wide, transparent base.
- By pulling the cord you determine how fine your foods will be chopped. The more pulls, the finer the chop.
- Included virtually airtight and liquid-tight seal is perfect for storing in the refrigerator.
- Small enough to store practically anywhere in your kitchen.

### WHAT'S COOL ABOUT IT?

Pull-cord mechanism offers greater processing power & speed. Integrates with Power Chef System. Straight blades quickly & efficiently cut smaller ingredients. Ideal for small chopping prep. Takes up less space in the dishwasher. What can I do with it? Chop herbs, small produce, nuts, cookies, etc. for dishes, salads & for toppings. Finely mince garlic & small onions.

### CARE AND INSTRUCTIONS

- To clean thoroughly, separate the cover into two parts. To disassemble the cover, gently place the knife end of a butter knife or teaspoon into the horizontal opening on the lower part of the cover and turn lightly until you hear a click.
- To avoid damage to the pull cord mechanism, do not wash the top cover in the dishwasher. Instead, clean it by hand with a damp cloth.
- The bottom cover and the base are dishwasher safe.
- In order avoid harming yourself and to keep the blades sharp, wash them separately by hand under running water and set aside.
- To completely clean the cord, pull it completely out of the top cover and place it under running water while making pulling movements. Dry the cord using a Tupperware Microfiber Kitchen Towel. Let the top cover dry completely before reassembling it with the bottom cover.
- Never use for crushing and chopping very hard items such as ice, as this will damage the product and could cause injury.
- Always pull the cord in short, quick movements so mechanism does not stick.
- Do not use metallic utensils because they can damage the material. To scrape out the food from the blades, use the back-side of a knife. Do not use a Saucy Silicone Spatula on the blades, this will damage the Spatula.
- Do not use metal scouring pads and brushes, as this will scratch the base.
- Capacity: 1 ¼ cup • Dimensions: 4 ¼ x 3 ½"
- Mold Numbers: • Seal 5227 • Base 6761 • Top Cover 6511 • Bottom Cover 6762 • Handle 6512 6513 • Blade 6522, 6555 • Spool 6514 • Cap 6518 • Blade Column 6519 6520 6521 6551 • Q Warranty: Free of manufacturing defects for one year.

## TUPPERWARE CHOP N PREP RECIPES

5. Citrus Sauce
6. Cranberry & Pecan Cheese Log
7. Cranberry & Walnut Relish
8. Egg Salad with Dill
9. Herbed Chicken & Steamed Vegetables
10. Herbed Goat Cheese Spread
11. Italian Antipasto Spread
12. Italian Tuna Salad
13. Korean Galbi Marinade
14. Lemon Artichoke Pesto
15. Lemon Basil Vinaigrette
16. Olive Tapenade Spread
17. Peanut Butter Spread
18. Pesto Sauce
19. Pico de Gallo
20. Roasted Garlic & Feta Dip
21. Southwest Chipotle Lime Marinade
22. Southwest Chipotle Turkey Burger

## CITRUS SAUCE

- ½ cup fresh basil leaves
- 1 green onion
- 2 Tbsp. flat leaf parsley
- 2 Tbsp. capers, drained
- 1 Tbsp. fresh lemon juice
- 1 clove garlic, peeled
- 3 Tbsp. extra virgin olive oil
- Salt and pepper, to taste

Great on Chicken.

1. Place all ingredients in the base of the Chop 'N Prep Chef. Cover and pull cord to finely chop.
2. Remove blade and transfer sauce to a small container.

## CRANBERRY & PECAN CHEESE LOG

- ¼ cup pecans
- 1 cup fresh cranberries
- ¼ cup granulated sugar
- 2 tbsp. water
- 10.5-oz. log goat cheese
- baguette or crackers for serving

1. Place pecans in the base of the Chop 'N Prep Chef. Cover and pull cord to finely chop. Set aside.
2. Combine cranberries, sugar and water into 2-cup Micro Pitcher. Invert 1-cup Micro Pitcher over top to cover ingredients.
3. Microwave on high 1½–2 minutes.
4. Stir to combine ingredients. Mixture will thicken as it cools.
5. Pour cooled mixture over log of cheese and top with chopped pecans.

Serve with toasted baguette or crackers.

## CRANBERRY & WALNUT RELISH

- ½ cup toasted walnut halves
- ½ cup sugar
- 5 strips orange zest
- 2 cups fresh or frozen cranberries (do not thaw if using frozen berries)
- ½ large navel orange, peeled, cut into quarters

1. Put walnuts, sugar and zest into Chop N Prep, cover and pull cord until finely chopped. Pour into serving dish.
2. Add cranberries and orange zest, you may have to do multiple batches, cover and pull cord until coarsely chopped.
3. Add to serving bowl and stir to blend.

## EGG SALAD WITH DILL

- 1 shallot
- 1 tbsp. fresh dill
- 1 tbsp. drained capers
- 2 hard-boiled eggs, halved
- 2 tbsp. mayonnaise
- salt and pepper, to taste

1. Place shallot, dill and capers in base of your Chop 'N Prep Chef. Replace cover, twist to seal and pull cord until finely chopped, 4–5 times; add eggs and mayonnaise, cover and pull cord 1–2 times or until desired consistency is achieved. Do not over process.



## HERBED CHICKEN & STEAMED VEGETABLES

½ cup fresh basil leaves  
 1 green onion  
 2 tbsp. Italian parsley  
 2 tbsp. capers, drained  
 1 tbsp. fresh lemon juice  
 1 clove garlic, peeled  
 3 tbsp. extra virgin olive oil  
 1 tsp. Dijon mustard

1½ cups fat-free chicken broth  
 2 boneless chicken breasts  
 ½ lb. green beans, trimmed  
 1 red pepper, cored and cut into thick strips



1. Place first eight ingredients in base of Chop 'N Prep Chef. Replace cover, twist to seal and pull cord 4–5 times to chop and combine ingredients. Remove blade and transfer sauce to a small bowl.
2. Place chicken broth in Water Tray of Tupperware SmartSteamer. Place chicken in Steamer Base; season with salt and pepper and brush with sauce.
3. Place green beans and red pepper strips in Colander. Place the Steamer Base on top of the Water Tray and the Colander on top of the Steamer Base. Cover and microwave on high power 14 minutes or until chicken reaches an internal temperature of 165°F/75°C.
4. Transfer chicken to a serving platter and brush with sauce.
5. Toss veggies with remaining sauce and serve.



## HERBED GOAT CHEESE SPREAD

¼ cup parsley  
 1 shallot, peeled  
 1 garlic clove, peeled  
 4 oz. soft goat cheese  
 1 cup plain nonfat Greek yogurt  
 just of ½lemon  
 ¼ tsp. Steak & Chop Seasoning Blend  
 1 tbsp. extra virgin olive oil



1. Place parsley, shallot and garlic in base of Chop 'N Prep Chef. Replace cover and pull cord 4-5 times to finely chop.
2. Place parsley mixture into base of Power Chef® System fitted with paddle whisk attachment and add goat cheese. Replace cover, pull cord 4-5 times to blend.
3. Adding yogurt, lemon juice, zest and seasoning blend to Power Chef® base. Place funnel in opening and drizzle in olive oil while blending cheese and yogurt.



## ITALIAN ANTIPASTO SPREAD

4 oz fresh mozzarella, cut into 1" chunks  
 ⅓ cup artichoke hearts  
 ¼ cup black olives  
 ¼ cup pepperoni, presliced  
 ½ roasted red pepper



1. Place mozzarella in the base of the Chop 'N Prep Chef. Cover and pull cord until roughly chop. Pour into bowl.
2. Place each ingredient in the base of the Chop 'N Prep Chef. Cover and pull cord until roughly chop. Pour into bowl.
3. Mix all together and serve with crackers.



## ITALIAN TUNA SALAD

¼ cup red onion, roughly chopped  
 2 tbsp. pickles  
 1 tbsp. drained capers  
 1 tbsp. flat-leaf parsley  
 5 oz. can tuna packed in water, drained  
 3 tbsp. red wine vinaigrette  
 salt and pepper, to taste

*Red Wine Vinaigrette*  
 ¼ cup red wine vinegar  
 2 tbsp. lemon juice  
 1 tsp. honey  
 ½ cup extra-virgin olive oil  
 salt and pepper, to taste



1. Place all vinaigrette ingredients in the base of the Quick shaker container, place lid on and shake to mix, set aside.
2. Place onion, pickles, capers and parsley in base of your Chop 'N Prep Chef. Replace cover, twist to seal and pull cord until finely chopped, 4–5 times; add to bowl.
3. add tuna, red wine and slat & pepper to bowl, stir to combine.

## KOREAN GALBI MARINADE

- ½ small onion, peeled and chopped into chunks
- 1 small Asian pear, peeled and chopped into chunks
- 4 garlic cloves, minced
- ¼ cup brown sugar, packed
- ¼ cup reduced-sodium soy sauce
- ¼ cup water
- 2 tbsp. sweet mirin
- 1 tbsp. sesame oil
- 1 tsp. Steak & Chop Seasoning Blend



1. Place onion, pear and garlic in base of Chop 'N Prep Chef. Replace cover, twist to seal and pull cord 4–5 times to chop and combine ingredients. Remove blade and transfer sauce to a small bowl.
2. Add remaining ingredients to the bowl and whisk.

## LEMON ARTICHOKE PESTO

- ¼ cup canned artichoke hearts, drained
- 3 cloves garlic, peeled
- 1 tbsp. grated Parmesan cheese
- ¼ cup fresh basil leaves (about 5 large leaves)
- ½ tablespoon extra virgin olive oil
- ¼ Tbsp. lemon juice
- salt and pepper



1. Place the first six ingredients into base of the Chop 'N Prep Chef. Replace cover, twist to seal and pull cord 4-5 times to process until coarsely chopped.
2. Adjust seasoning with salt and pepper.

## LEMON BASIL VINAIGRETTE

- ½ cup basil leaves
- 1 garlic clove
- ¼ small onion, cut into large chunks
- 2 tsp. Dijon mustard
- 1 tsp. granulated sugar
- ½ tsp. coarse kosher salt
- 1 lemon, juiced
- ¼ cup extra virgin olive oil



1. Place basil leaves, garlic and onion in the base of the Chop 'N Prep Chef. Cover and pull cord to finely chop.
2. In the base of the Quick Shake container, add basil mixture, Dijon mustard, sugar, salt, lemon and olive oil. Secure Quick Shake cover.
3. Shake until well combined. Refrigerate up to three days.

## OLIVE TAPENADE SPREAD

- 8 oz. Kalamata olives, pitted and drained
- 2 anchovy fillets, rinsed (optional)
- 1 clove garlic
- 2 tbsp. capers
- 2-3 fresh basil leaves
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. extra-virgin olive oil



1. Place the olives and anchovies in the Chop 'N Prep Chef and pull cord 2 times.
2. Place the garlic, capers, and basil leaves into the olive mixture and chop by pulling the cord another 2 times.
3. Place lemon juice and oil into the mixture and chop until it is a coarse paste.
4. Serve with baked pita chips as a snack or spread on sandwiches.
5. Store with the seal on in the refrigerator.

## PEANUT BUTTER SPREAD

½ cup honey roasted peanuts  
1 Tbsp. canola oil



1. Place peanuts in base of your Chop 'N Prep Chef. Replace cover, twist to seal and pull cord until finely chopped; add in oil, cover and pull cord until desired consistency is reached.

## PESTO SAUCE

4 tbsp. fresh basil  
4 tbsp. toasted pine nuts  
1 clove garlic  
4 tbsp. olive oil  
4 tbsp. grated parmesan cheese  
salt & pepper to taste



1. Place the basil, pine nuts and garlic in the Chop 'N Prep Chef and chop until it becomes a coarse paste.
2. Add the olive oil and cheese into mixture and continue chopping until finely chopped.
3. Season with salt and pepper to taste.
4. Can be served as a spread on a toasted French baguette, tossed into cooked pasta, or baked on chicken.
5. Store with the seal on in the refrigerator.

## PICO DE GALLO

¼ medium onion  
1 Roma tomato, cut into quarters  
½ jalapeño  
¼-½ cup loosely packed cilantro  
Juice from ¼ lime (1½ tsp.)  
Salt



1. Place onion, tomato, and jalapeño in the Chop 'N Prep Chef and chop until it becomes chunky.
2. Add the cilantro and continue chopping until chopped to desired consistency.
3. Add lime juice and salt, to taste.

## ROASTED GARLIC & FETA DIP

4 tbsp. fresh basil  
4 tbsp. toasted pine nuts  
1 clove garlic  
4 tbsp. olive oil  
4 tbsp. grated parmesan cheese  
salt & pepper to taste



1. Place the basil, pine nuts and garlic in the Chop 'N Prep Chef and chop until it becomes a coarse paste.
2. Add the olive oil and cheese into mixture and continue chopping until finely chopped.
3. Season with salt and pepper to taste.
4. Can be served as a spread on a toasted French baguette, tossed into cooked pasta, or baked on chicken.
5. Store with the seal on in the refrigerator.

## SOUTHWEST CHIPOTLE LIME MARINADE

4 boneless chicken breasts or boneless pork chops  
1–2 tbsp. Southwest Chipotle Seasoning Blend  
1 tbsp. fresh oregano  
2 tbsp. fresh cilantro  
2 cloves garlic  
¼ cup lime juice  
¼ cup vegetable oil  
salt and pepper, to taste



1. Place chicken in Season-Serve Container.
2. Add seasoning blend, oregano, cilantro, and garlic to base of Chop 'N Prep Chef. Cover and pull cord to finely chop. Add lime juice, oil and season to taste with salt and pepper. Replace cover and process until well blended.
3. Pour over meat, seal Season-Serve Container and refrigerate anywhere from 4-8 hours.
4. Remove meat from marinade (discarding marinade), and grill over medium-high heat until internal temperature reaches 165°F/73°C and juices run clear, approximately 15 minutes.

## SOUTHWEST CHIPOTLE TURKEY BURGER

1½ lb. ground turkey  
1 large egg white  
1 tbsp. Southwest Chipotle Seasoning Blend  
½ small red onion, quartered  
½ cup fresh cilantro



1. Add ground turkey, egg white and seasoning blend to a 12-cup Mixing Bowl, set aside.
2. Place onion in base of Chop 'N Prep Chef, cover and pull cord 4–5 times to finely chop, add to meat mixture.
3. Place cilantro in base of Chop 'N Prep™ Chef, cover and pull cord 4–5 times to finely chop. Add to meat mixture and mix thoroughly with Saucy Silicone Spatula.
4. Using the Hamburger Press, divide meat mixture into four portions and press each portion of meat into a Hamburger Keeper.
5. When ready to cook, heat a Chef Series 11" Fry Pan over medium-high heat and cook burger, or grill to an internal temperature of 165°F/73°C.
6. Serve on a Kaiser roll with lettuce and tomato.