



Chop 'N Prep™ Chef Time Savers

Tupperware

Chops 288 Times In Less Than 15 Seconds!

Turbo chop fresh and healthy foods in record time with this compact and earth-friendly Tupperware® Chop 'N Prep Chef.

Easy-pull cord mechanism eliminates the need for electricity.

Small enough to store in the cupboard, drawer or pantry.

The perfect addition to the popular “Time Savers” collection that includes the Quick Chef, Spin 'N Save™ Salad Spinner, Quick Shake® Container and the Whip 'N Prep™ Chef.



HOME Message

Eat healthy while saving time and money by preparing foods from scratch.

No need to buy pre-chopped or pre-prepared foods.



Research

- In order to give you the highest quality product, we researched a large variety of concept samples for over five years.
- The Chop 'N Prep™ Chef concept resulted from combining the Prep Essentials™ Lil' Chopper and a pull cord system to create more speed. The Chop 'N Prep™ Chef concept has:
 - a high cutting performance using three blades with a fast rotation speed
 - mechanical sturdiness
 - securely connected components
 - wear-resistant materials for moving parts
 - Wear-resistant material for the cord
- Home Economists from five countries tested the first production samples extensively to ensure the product met our expectations.

Key Features and Benefits

- Ideal for cutting fresh herbs, ginger, vegetables, fruits, olives for tapenade, cooked eggs, cooked beans, cheese, cooked and cooled meats, baby food, sauces, dips, hummus, cold salads such as tuna or egg salad, personal size omelets, coleslaw, and nuts. Add solids first, then liquids.
- Three parts—a base with an anti-skid bottom, blade attachment and cover with a pull cord mechanism.
- Hold the ergonomically shaped cover and pull the cord to rotate the three non-rusting, stainless steel blades eight times.
- By pulling the cord you determine how fine your foods will be chopped.
- Cover securely attaches to the anti-skid, wide, transparent base.
- Included airtight seal is perfect for storing leftovers in the refrigerator.
- Small enough to store practically anywhere in your kitchen.



Competition vs. Chop 'N Prep™ Chef

	Vegetable Chopper	Chop 'N Prep™ Chef
Size	To large to place into a drawer	Small enough to store anywhere in your kitchen
Blades	Three blades on the same side so it does not efficiently chop foods	Three blades cover the entire diameter so chopping is more efficient
Pull Cord Mechanism	Not smooth and difficult to pull	Smooth and effortless
Grip When Pulling	Pull cord and cover not ergonomic	Pull cord and cover ergonomic for a safe grip
Safety	None	Cover locks and the base is anti-slip
Storage of Finished Food	Place food into another bowl so that you have more mess	Airtight seal included, just remove blade and seal for storage

To Assemble

- Place the base on the countertop.
- Carefully set the blade attachment in the center of the base by holding the top of the attachment.



To Assemble

- Set the cover on the base and turn clockwise until you hear a clicking sound and the raised tabs inside the base are locked into the cover slots.
- Check cover to ensure it is tightly attached to the base.



Raised Tabs Locked



To Disassemble



Top cover

Bottom cover

Cover

Blade
attachment

Anti-skid base

- The Chop 'N Prep™ Chef can be disassembled into four parts: the base, the blade attachment, the top cover and the bottom cover.

To Disassemble

- Remove the cover by turning it counterclockwise until the raised tabs inside of the base are released from the locking slots in the cover.
- To disassemble the top and bottom covers, gently place the knife end of a butter knife or a teaspoon in the horizontal opening on the lower part of the cover. Turn lightly until you hear a click.



To Disassemble

- Remove the blade attachment by holding it the top of the attachment.
- **Warning: Do not touch the blades, as they are extremely sharp.**



How to Use

- After assembling, remove the cover and place ingredients in the base equally on each side of the blade attachment, taking care to not touch the blades.
- When chopping herbs, overstuffing the base may interfere with the movement of the blades.
- When chopping dense foods such as cheese or nuts, fill the base $\frac{1}{4}$ of the capacity to ensure the best performance.



How to Use

- Place the cover back on the base and turn the cover clockwise until the raised tabs lock into the slots and the base is securely attached to the cover.
- Always place the Chop 'N Prep™ Chef on the countertop before using it. Hold it down using one hand on the cover and operate the cord with the other by pulling it with quick and smooth movements. The more you pull the cord, the finer the ingredients will be chopped.
- Stop after pulling three or four times and while it is locked, shake the Chop 'N Prep™ Chef using both hands to release the ingredients from the walls of the base.
- After shaking, place the Chop 'N Prep™ Chef on the countertop and continue to pull the cord until the ingredients are chopped to the desired size.



How to Use

- Remove the cover by using one hand to hold down the base and the other hand to unscrew the cover counterclockwise.
- Lift up the cover vertically.
- Remove the blade attachment by holding it the top of the attachment.
Warning: Do not touch the blades, as they are extremely sharp.
- Scoop the contents out of the base using a Saucy Silicone Spatula.



Suggested Uses

- Encourages healthy cooking by making it quick and easy to chop fresh ingredients.
- Always wash fresh herbs before chopping. Dry them using the Spin 'N save™ Salad Spinner.
- Perfect for chopping fresh herbs.
- Quick solution for chopping many vegetables including: mushrooms, onions or carrots (cut into smaller chunks first), jalapenos, olives, avocados, red or green peppers and tomatoes.
- Fast option for chopping fruits that are peeled, de-seeded and cut into smaller chunks. Also great for chopping berries including: strawberries, blueberries, blackberries, raspberries, cherries, apricots, apples, pears, peaches, bananas and mangoes.

Suggested Uses

- Create bean purees from chickpeas, kidney beans, black beans, white beans, lentils, black-eyed peas, etc.
- Chop cheeses such as parmesan, cheddar, Swiss, colby jack, etc.
- Chop meats that are cooked, cooled and cut into smaller chunks first like chicken, beef, pork, etc.
- Perfect for chopping nuts.
- Prepare dips, sauces, purees, and 1-2 people meals. Always mix the herbs first followed by any other ingredients, then add liquids if needed.
- Prepare sauces like pesto and pasta sauce.
- Make dips like hummus and tapenade.
- Create your own baby food purees.
- Chop ingredients for 1-2 people size meals or sides like egg salad, tuna salad, omelets or coleslaw.

Caution

- **Warning: Blades are extremely sharp, always take extra caution when handling or cleaning them.**
- **Keep the Chop 'N Prep Chef™ out of reach of children!**

Recipes

Fines Herbes

This mixture is perfect for use in dishes where you would typically add parsley for color. This interesting variation will provide the same brightness with a subtly different flavor. Since the flavor is very light like parsley, this blend won't overwhelm any dish and should be added near the end of cooking. Use in many different dishes like omelets, quiche, soups, salads, sautéed vegetables, chicken, fish, and beef.

Makes: 4 tbsp./ 57 g

Prep Time: 1–2 minutes

- 1 tbsp. fresh chervil leaves
- 1 tbsp. fresh chives
- 1 tbsp. fresh parsley
- 1 tbsp. fresh tarragon leaves



1. Place all of the herbs into the Chop 'N Prep™ Chef and chop until fine.
2. Remove cover, blade and apply seal for storage in the refrigerator.

Recipes

Fines Herbes Cheese Spread

Servings: 7– 8 (2 tbsp. per serving)

Prep Time: 4 minutes

2 tbsp. Fines Herbes

½ tsp. freshly ground pepper

7–8 oz. soft spreadable cheese like cream cheese or goat cheese



1. On a nonstick flat surface, mold and roll the cheese into a log about 4” in length. Set aside and wipe the nonstick surface clean.
2. In a Small Modular Bowl combine Fines Herbes and pepper using a Saucy Silicone Spatula.
3. Pour pepper herb mixture onto the nonstick surface and spread out evenly.
4. Place the cheese log on top of the pepper herb mixture and roll until all sides are coated while retaining the shape of the log.
5. Serve with whole wheat crackers or fresh sliced vegetables.

Recipes

Olive Tapenade Spread

Servings: 5–6 (3 tbsp. per serving)

Prep Time: 5 minutes

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.

Recipes

Pesto

Servings: 16 (2 tbsp. per serving)

Prep Time: 5 minutes

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.

Care

- Never use the Chop 'N Prep™ Chef 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.
- There is no need to pull the cord until it reaches the end. The most efficient action is to pull in short, quick movements.
- Do not use metallic utensils because they can damage the material. To scrape food from the blades, use the backside of a knife. Do not use a Saucy Silicone Spatula

Care

- To clean thoroughly, separate the cover into two parts. To disassemble the cover into top cover and bottom cover, gently place the knife end of a butter knife or a teaspoon in the horizontal opening on the lower part of the cover and turn lightly until you hear a click.
- To avoid damage to the 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 can be placed in the dishwasher.
- In order not to harm you and not to dull blades, carefully 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.
- For optimal performance, rinse the Chop 'N Prep™ Chef immediately after each use. This will also help when cleaning and can help avoid possible odor formation and staining.

Care

- If there odors remain after washing (onion or garlic), soak the base and the cover for one hour in a warm water solution using 1 tablespoon of dishwashing powder and 4¼ cup/1 L warm water. Rinse the product well.
- To prevent food from sticking on the base and cover, check to ensure the rim of the base is perfectly clean.
- Do not screw or unscrew the mechanism in the top cover, as this will damage it. The top cover is available in parts replacement.
- Do not overflow the base with oil and always wait a few seconds before removing and setting the cover upside down so that oil is will not go into the cover.
- Staining may occur but this will not affect the performance of the Chop 'N Prep™ Chef.
- Never carry the Chop 'N Prep™ Chef by the handle of the cord.