



Tupperware®

SUPERSONIC CHOPPER COMPACT

Recipes

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 SuperSonic Chopper Extra. 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 backside 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: 1¼ cup • Dimensions: 4 ¼ x 3 ½"
- Chopping onions, celery, garlic, and carrots for soups, stews, and other dishes.
- Dicing fresh herbs for sauces and dips.
- Making salsas, condiments, and dressings.
- Chopping nuts for baking or garnish.
- Making breadcrumbs or cracker crumbs.



SUPERSONIC CHOPPER COMPACT RECIPES

5. Black Bean Salsa
6. Citrus Herb Sauce
7. Cranberry & Pecan Cheese Log
8. Cranberry & Walnut Relish
9. Egg Salad with Dill
10. Herbed Chicken & Steamed Vegetables
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17. Lemon Basil Vinaigrette
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19. Parmesan, Basil & Cashew Dip
20. Peanut Butter Spread
21. Pesto Sauce
22. Pico de Gallo
23. Roasted Garlic & Feta Dip
24. Southwest Chipotle Lime Marinade
25. Southwest Chipotle Turkey Burger
26. Sundried Tomato & Red Pepper Dip



Black Bean **SALSA**

INGREDIENTS

- 1 (15 oz.) can black beans, strained
- 1 cup corn
- 2 tomatoes, diced
- ½ cup fresh cilantro
- ¼ cup red onion
- 1 clove garlic
- 1 lemon, juiced
- 1 lime, juiced
- 1 tsp. chili powder
- Salt and pepper, to taste

DIRECTIONS

1. Place beans, corn and tomatoes in a medium **Thatsa Bowl**.
2. In the **SuperSonic Chopper Compact** add cilantro, garlic and onion. Cover and pull cord to finely chop. Pour into the bean mixture.
3. Add remaining ingredients to the beans, mix well.

Citrus Herb **SAUCE**



INGREDIENTS

- 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 with chicken or fish.

DIRECTIONS

1. Place all ingredients in the **SuperSonic Chopper Compact**. Cover and pull cord to finely chop.
2. Remove blade and transfer sauce to a small serving dish.

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Cranberry & Pecan **CHEESE LOG**



INGREDIENTS

- 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

DIRECTIONS

1. Place pecans in the **SuperSonic Chopper Compact**. 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**

INGREDIENTS

- 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

DIRECTIONS

1. Put walnuts, sugar and zest in the **SuperSonic Chopper Compact**, 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

INGREDIENTS

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

DIRECTIONS

1. Place shallot, dill and capers in the **SuperSonic Chopper Compact**. Replace cover and pull cord until finely chopped, 4–5 times.
2. Add eggs and mayonnaise, re-cover and pull cord 1–2 times or until desired consistency is achieved. Do not over process.



HERBED CHICKEN

*and Steamed
Vegetables*

INGREDIENTS

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

DIRECTIONS

1. Place mustard sauce ingredients in the **SuperSonic Chopper Compact**. 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 the base of the **Smart Multi Cooker**. Place Large Shielded Colander inside the base, add chicken; season with salt and pepper and brush with ½ of the mustard sauce.
3. Place green beans and red pepper strips in the Shallow Colander. Place on top of the Large Shielded Colander.
4. Cover with Shielded Cover and microwave on high power 14 minutes or until chicken reaches an internal temperature of 165° F/75°.
5. Transfer chicken to a serving platter and brush with sauce.
6. Toss vegetables with remaining mustard sauce and serve.



Herbed GOAT CHEESE

INGREDIENTS

- ¼ cup parsley
- 1 shallot, peeled
- 1 garlic clove, peeled
- 4 oz. soft goat cheese
- 1 cup plain nonfat Greek yogurt
- ½ lemon, juiced
- ¾ tsp. Steak & Chop seasoning blend
- 1 tbsp. extra virgin olive oil

DIRECTIONS

1. Place parsley, shallot and garlic in the **SuperSonic Chopper Compact**. Replace cover and pull cord 4-5 times to finely chop.
2. Place parsley mixture into base of **SuperSonic Chopper Extra** 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 the **SuperSonic Chopper Extra**. Place funnel in opening and drizzle in olive oil while blending cheese and yogurt.

HONEYDEW & BLACKBERRY

Salad



INGREDIENTS

- 6 mint leaves, chopped
- 1 lime, zested & juiced
- 2 lbs. honeydew
- 12-oz. fresh blackberries

DIRECTIONS

1. Place mint leaves in base of **SuperSonic Chopper Compact**. Replace cover and pull cord 4-5 times to finely chop.
2. Zest and juice lime with **Zest N Press**.
3. Peel, deseed, and cut honeydew into bite size pieces.
4. In a medium bowl toss honeydew with lime juice, zest, and mint leaves.
5. Gently stir in blackberries just before serving



Italian
**ANTIPASTO
SPREAD**

INGREDIENTS

- 4 oz. fresh mozzarella, cut into 1" chunks
- $\frac{1}{3}$ cup artichoke hearts
- $\frac{1}{4}$ cup black olives
- $\frac{1}{4}$ cup pepperoni, presliced
- $\frac{1}{2}$ roasted red pepper

DIRECTIONS

1. Place mozzarella in the base of the **SuperSonic Chopper Compact**. Cover and pull cord until roughly chop. Pour into bowl.
2. Place each ingredient in the **SuperSonic Chopper Compact**. Cover and pull cord until roughly chop. Pour into bowl.
3. Mix all together and serve with crackers.

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Italian **TUNA SALAD**



INGREDIENTS

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

DIRECTIONS

1. Place all vinaigrette ingredients in the **Quick Shake Container**, place lid on and shake to mix, set aside.
2. Place onion, pickles, capers and parsley in the **SuperSonic Chopper Compact**. Replace cover, twist to seal and pull cord until finely chopped, 4–5 times; add to bowl.
3. Add tuna, red wine and salt & pepper to bowl, stir to combine.

Korean

GALBI MARINADE



INGREDIENTS

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

1 tsp. Steak & Chop Seasoning Blend

DIRECTIONS

1. Place onion, pear and garlic in the **SuperSonic Chopper Compact**. 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.

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Lemon Artichoke PESTO



INGREDIENTS

- ½ 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
- ½ Tbsp. lemon juice
- salt and pepper

DIRECTIONS

1. Place the first six ingredients in the **SuperSonic Chopper Compact**. 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

INGREDIENTS

- ⅓ 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
- ⅔ cup extra virgin olive oil

DIRECTIONS

1. Place basil leaves, garlic and onion in the **SuperSonic Chopper Compact**. Cover and pull cord to finely chop.
2. In 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**

INGREDIENTS

- 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

DIRECTIONS

1. Place the olives and anchovies in the **SuperSonic Chopper Compact**, cover, 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.



Parmesan, Basil & Cashew DIP

INGREDIENTS

- ½ bunch basil
- 3 Tbsp. cashews
- 3 Tbsp. parmesan
- 1 garlic clove
- 2 Tbsp. olive oil
- salt and pepper

DIRECTIONS

1. Place the triple blade attachment in the **SuperSonic Chopper Compact**. Add half the basil, cover, lock and pull cord until roughly chopped.
2. Add remaining basil and repeat until all the basil is roughly chopped.
3. Add remaining ingredients and pull cord until well combined. Season with salt and pepper to taste.

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PEANUT BUTTER

Spread

INGREDIENTS

- ½ cup honey roasted peanuts
- 1 Tbsp. canola oil

DIRECTIONS

1. Place peanuts in the **SuperSonic Chopper Compact**. 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

INGREDIENTS

- 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

DIRECTIONS

1. Place the basil, pine nuts and garlic in the **SuperSonic Chopper Compact** 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.

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PICO de Gallo

INGREDIENTS

- ¼ medium onion
- 1 Roma tomato, cut into quarters
- ½ jalapeño or serrano pepper
- ½ cup loosely packed cilantro
- 1½ tsp. lime juice
- Salt

DIRECTIONS

1. Place onion, tomato, and jalapeño in the **SuperSonic Chopper Compact** 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



INGREDIENTS

- 1 bulb garlic
- 8 oz. feta cheese, crumbled
- ¼ cup extra virgin olive oil
- 2 tbsp. reduced-fat sour cream
- 1 lemon, juiced
- ¼ cup fresh basil, chopped
- salt and pepper

DIRECTIONS

1. Preheat oven to 500°F/260°C.
2. Cut off the root end of garlic bulb, exposing the cloves. Wrap the entire bulb in aluminum foil and bake 30 minutes; cool completely.
3. Squeeze out the cloves of garlic and place in the **SuperSonic Chopper compact**, cover and pull cord until well blended, transfer to a bowl.
4. In the **SuperSonic Chopper compact**, add feta cheese, cover and pull cord until chopped, you may have to do in batches. Add to the garlic.
5. Add oil, sour cream, lemon juice and basil, to the bowl with garlic. Mix until well combined.
6. Season mixture with salt and pepper to taste.



Southwest Chipotle Lime MARINADE

INGREDIENTS

- 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

DIRECTIONS

1. Place chicken in **Season Serve Container**.
2. Add seasoning blend, oregano, cilantro, and garlic in the **SuperSonic Chopper Compact**. 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



INGREDIENTS

- 1 $\frac{1}{3}$ lb. ground turkey
- 1 large egg white
- 1 tbsp. Southwest Chipotle Seasoning Blend
- $\frac{1}{2}$ small red onion, quartered
- $\frac{1}{2}$ cup fresh cilantro

DIRECTIONS

1. Add ground turkey, egg white and seasoning blend to a 12 cup Mixing Bowl, set aside.
2. Place onion in the **SuperSonic Chopper Compact**, cover and pull cord 4–5 times to finely chop, add to meat mixture.
3. Place cilantro in the **SuperSonic Chopper Compact**, cover and pull cord 4–5 times to finely chop. Add to meat mixture and mix thoroughly with the **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.

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Sundried Tomato & Red Pepper DIP



INGREDIENTS

- 4 cup sundried tomatoes
- 2 Tbsp. roasted red pepper strips, finely sliced
- 1 garlic clove
- 3 Tbsp. cashews
- 2 Tbsp. parmesan
- 2 Tbsp. olive oil

DIRECTIONS

1. Add sundried tomatoes and peppers in the **SuperSonic Chopper Compact**. Cover, lock and pull cord until finely diced.
2. Add remaining ingredients, cover and lock, and pull cord again until well combined.