



Brand Me



HEALTHY EATING

Look after your health and wellbeing with the healthy eating range. This range of tools is designed to help you make the right food choices, ensuring you eat a balanced diet, reaping the benefits of valuable nutrients and remaining healthy.



Since 1842

ABDOOLALLY EBRAHIM HOUSEWARES

Welcome

It is with great pleasure that we would like to share with you the AEH Healthy Eating product catalogue. We have always been developing new ideas based on trends, lifestyles and specific purposes, featuring products of speciality.

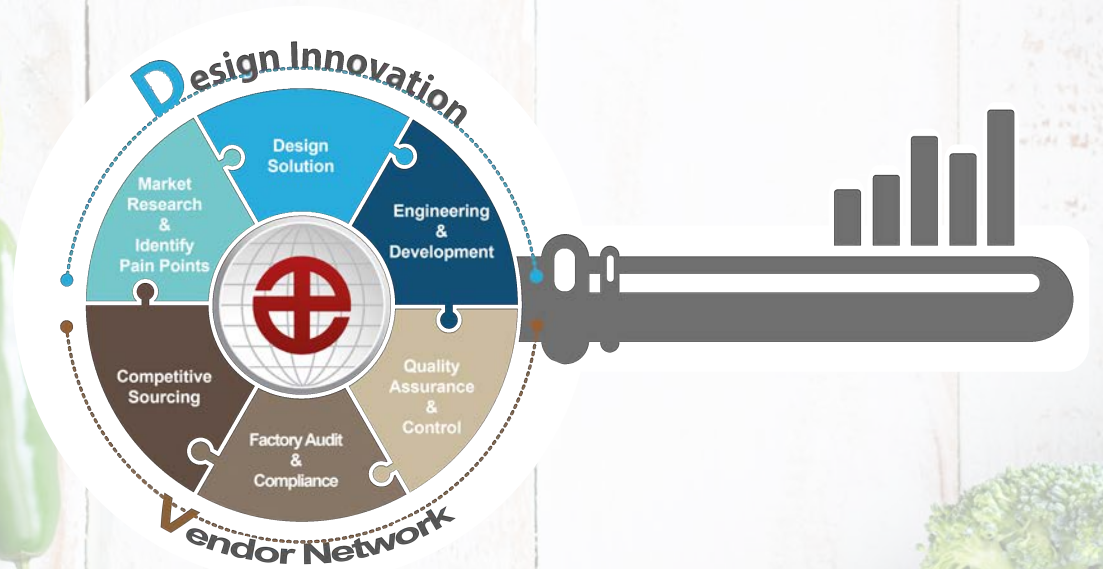
Who are we?

AEH began life in 1961 as a stainless-steel holloware exporter and cutlery manufacturer. Today AEH has grown into a major supplier engaging in product design and development, plus OEM and ODM manufacturing for major brands and manufacturers worldwide.

AEH will continue its quest to help clients translate ideas into compelling, award-winning designs and products, and gain recognition within the industry as the brand behind the brands.

Why choose us?

Our strengths lie in creating new and innovative products, whilst also being able to source the best quality products to distribute at competitive prices. Consequently, the key competencies we bring are Design Innovation and an extensive Vendor Network. We truly are your one-stop-shop.



Leveraging on our strong design and engineering capabilities, we offer a wide assortment of novel ODM kitchen and housewares products. Our solution driven designs are unique and some even have been internationally recognised by receiving Red Dot design awards.

With our presence of over 50 years within the housewares industry, AEH is a savvy sourcing supplier with deep knowledge, broad experience and an extensive network of high quality and effective cost suppliers. Working with these suppliers ensures we can provide a compelling range of products with an excellent price/quality ratio, giving you always the very best value.

It is quick and easy to turn fresh fruits and vegetables into healthy meals.



FOLDABLE TABLETOP SPIRALIZER

SPIRALIZE IT ! TURN VEGETABLES INTO HEALTHY, CREATIVE AND DELICIOUS MEALS EASILY.



Space Saving

No messy storage headache! Its foldable design enables convenient storage. It is easy to assemble and disassemble the spiralizer. All parts are well fit and stored into the unit tidily.

with 2 interchangeable blades
- Spiral and Ribbon

#KGGR082



Vertical Spiralizer

Includes 3 interchangeable blades – coarse, fine and ribbon. The container collects slices and ribbons to minimize mess.

#KNSL025



Vertical Spiralizer

Includes spiral and ribbon interchangeable blades and container.

#KNSL024



Handheld Spiralizer

Simple and quick to create veggie noddles. Perfect for small meals and garnishes.

Handheld Spiralizer - Noodle
#KNCU008



Handheld Spiralizer - Ribbon
#KNCU007



Serrated Peeler

It quickly and easily peels soft fruits and vegetables such as tomatoes, kiwis, peaches and more!

#KGPL114



Julienne Peeler

It peels effortlessly perfect inline strips on carrots, cucumbers and more.

#KGYPO42



Cabbage Peeler

Extra wide blade excellent for shredding cabbage, lettuce and shaving hard cheese as well.

#KGPL110



Swivel Peeler

Floating swivel blade glides more smoothly over the fruits. Double-edged blade allows to peel in either direction.

#KGPL109



5-in-1 Mandoline Slicer

It features 5 different blades including grater, v-shaped slicer, wavy slicer, shredder and julienne blade. It includes the comfortable soft grip handle, foldable non-slip footage and blade storage box.

#KGGR127



Lettuce Knife

The plastic blade helps prevent the cut edges from turning brown.

#KGLT006



Adjustable Handheld V-Shaped Blade Slicer

It features 3 adjustable setting for 2mm, 4mm and 6mm slices. The V-shaped blade slices vegetables and soft fruits with ease. Comfortable soft grip handle. Non-slip base provides stability whilst slicing.

#KGGR109



Salad Bowl with Graters Set

The set includes 3 grating discs - fine, coarse and slicing. Stainless steel bowl with non-slip base. Perfect for preparing, serving and storage.

Bowl size : 24cm dia. x 14.5cm H

#TWSB014



Melamine Fruit/Berry Box Colander

13.4 x 13.4 x 7.3cm H

#KGCL041



Melamine Fruit Colander

19.5 x 15.5 x 8cm H

#HHWB001



Essential Tools for Making Perfect Salad

Salad Spinner 5L

The lid has a filling pipe and pouring spout for washing vegetables without opening the lid. Dry salad greens with a simple turn of the handle and stop the spin by pressing the brake button.

#KGSL010



Oil and Vinegar Mister

Twist the top of the bottle to adjust your spray with 100% vinegar or 100% oil or any portions in between.

#HWOP011



Salad Bowl

Stylish dual tone plastic salad bowl with white layer inside and color outside.

small	13.6 x 13 x 6.5cm	#TWSB015
medium	19.8 x 19.3 x 9.2m	#TWSB016
large	25.2 x 24.8 x 12cm	#TWSB017



Salad Server Set

Dual tone plastic salad server set with white layer inside and clear color outside.

#KGFT050

Smoothies and Fruit Juices are the quickest and easiest ways to boost your health, providing the nutrients and minerals you need.



Twist Corer
Unwanted core can be easily released without mess or sticky hands with just a simple twist.

#KGAC040



Cherry Pitter
7 at a time.
Splatter guard ensures counter top with no stains and mess.

#KGCP002



Cherry Pitter
Spring-loaded mechanism allows to remove the cherry or olive stone quickly and easily.

#KGCP005

Apple Wedger
Cores and cuts apples and pears into 8 wedges with one simple press down action.

#KGAC044



Pineapple Slicer
Cores & slices pineapple with just a few twists.

#KGAC047



Banana Slicer
Creates perfect uniform banana chips every time.

#KGPL136



Fruit Baller
Easily creates and shapes 20mm and 28mm vegetable or melon balls.

#KGFB021



Non-Slip Chopping Board
Made of BPA free polypropylene plastic. Silicone non-slip feature provides safety and stability while cutting.

Small 30 x 20cm
#KGCB048

Large 35 x 25cm
#KGCB049



Paring Knife and Sharpener Set
Includes 2 pieces of 5" paring knives and a sharpener with suction cup.

#KGPA028





Citrus and Ginger are powerful detox ingredients that help to kick start your metabolism.



2-in-1 Lemon/Lime Juicer & Wedger

Quick and easy to slice citrus and squeeze fresh juices.

#KGJU026



Lemon/Lime Wedger

Easily slice lemons or limes in eight perfect wedges.

#KGCU009



Lemon Zester Grater

2-sided non-slip grips for extra safety when grating.

#KGGR113



Lemon Zester Grater

Razor-sharp stainless steel blade for grating/zesting Chocolate, Hard Cheese, Citrus Zest, Coconut, Ginger and Garlic. Extra large comfortable handle.

#KGGR128



reddot design award
winner 2016

Tabletop Lemon and Lime Press

The lemon press featuring built-in splatter guard to press with no mess and waste, and the chamber with spout to pour with ease.

#KGLS008



position fruit



press down



pour juice



Polypropylene Plastic Chopping Board

Strawberry

23.7 x 21.2 x 0.25cm

#KGCB042



Lemon

28.5 x 19.5 x 0.25cm

#KGCB041



Ginger and Garlic Grater

Heavy duty stainless steel makes it so simple and efficient to produce ginger and garlic paste.

Small 8.5 x 5.5cm #KGGR121
Medium 11 x 7cm #KGGR122
Large 13.5 x 9cm #KGGR123





Creative JUICING

Handy Juicer

Create your own healthy and tasty juices with the season's freshest produce.

#KGJU027



Glass Drinking Jar 18 oz
Stylish textured drinking jar with reusable plastic straw.

#CGJR001



Set of 4 Glass Drinking Jars 16 oz
4 glass drinking jars with screw-on metal lids and reusable plastic straws. With a carry basket for easy serving.

#CGJS001

100% Fruit ICE CREAM



Frozen Fruit Ice Cream Maker

The maker instantly churns 100% frozen fruits to create a healthy dessert without additional fat, sugar or preservatives.

#KGJU001



Fresh SALAD



Rotary Grater & Slicer

This grater includes 3 inter-changeable ultra-sharp drums for fine and coarse grating or slicing.

#KGGR129



Herbs and Garlic Tools



Mezzaluna Herb Chopper and Board Set

Chops all your herbs and garlic easily and quickly with a simple rocking motion. The concave design bamboo board helps to keep mincing in the center of the board.

#KGCB044



Herb Mincer

With 8 sharp rolling blades, the mincer quickly and easily minces fresh leafy herbs.

#KGPR001



Herb Scissors

The scissors featuring 5 blades makes cutting herbs fast and easy. It comes with a cleaning comb to clear up food clogs.

#KGSIO31



Bamboo Mortar and Pestle Set

Carved from lightweight and durable bamboo. Great for crushing and blending ingredients for your kitchen.

11.5cm dia. x 8cm H

#CGMT002



Ceramic Mortar and Pestle Set

Unglazed rough surface inside the mortar and the pestle tip allow efficient grinding and crushing.

13 x 12 x 6cm H

#CGMT001



4-Piece Kitchen Shears Set

1 x Bent Shears
1 x Utility Shears
1 x All-Purpose Shears
1 x Herb Snips

#KGSIO35

Freezing Your Fresh Herbs

Preserve your herbs by freezing the herbs in ice cubes.



Silicone Ice Tray

11 x 9.5 x 4.7cm

#KGIT003



Silicone Ice Tray

12.3 x 11 x 3.5cm

#KGIT004



Silicone Ice Tray

15 x 10.6 x 4.5cm

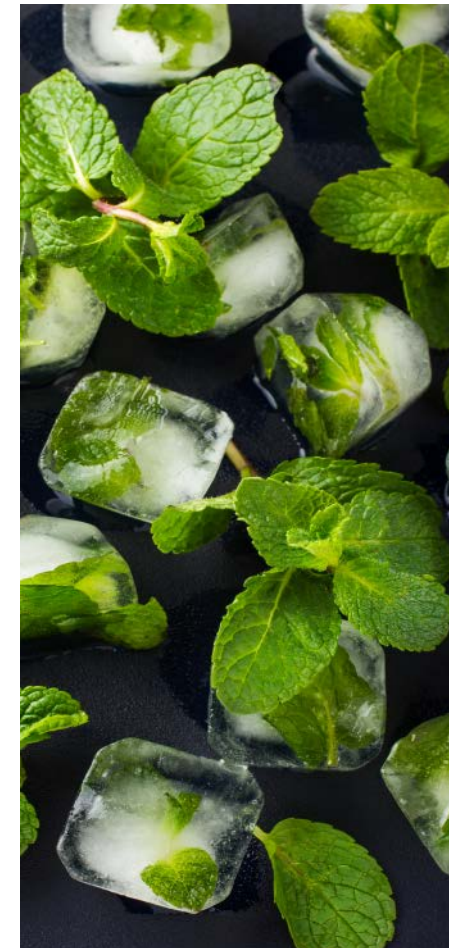
#KGIT005



Silicone Ice Tray with Lid

20 x 12.8 x 2.7cm

#KGIT007



Garlic Prep and Storage Kit

The set includes
1 x Tabletop Nylon Garlic Press
1 x Ceramic Garlic Saver

#KGGP116

Put unpeeled garlic clove in chamber.

Press the handle on tabletop and push down.

Lift tab to dispense puree from the chamber.

remove peel



Silicone Garlic Peeler

The easiest way to peel whole garlic cloves.

8.5cm dia. x 7.5cm

#KGGP117



Silicone Garlic Crusher

Turn the handle to mince garlic.

#KGGP118



Spice Up Your Diet

Dressing Bottle 16oz

#TWOI015



Dressing Bottle 8oz

#TWOI014



spout

Dressing Bottle

Shake up your favorite healthy salad dressing with the elegant glass dressing bottle with drip-free spout and silicone cap.



Jar capacity : 75ml
Size : 5cm dia. x 13.5cm

#TWCS032



Jar capacity : 70ml
Size : 4.8cm dia. x 11.8cm

#TWCS031



Jar capacity : 140ml
Size : 5cm dia. x 16.5cm

#TWCS033



Measure Spice Dispenser

The dispenser precisely measures out 1 teaspoon and 1 tablespoon. It also allows mess-free pouring.



12 Jar Spice Rack

Jar capacity : 60ml
Size : 14.5 dia. x 31.5cm

#TWCS020



16 Jar Spice Rack

Jar capacity : 60ml
Size : 23 dia. x 23cm

#TWCS021



Glass Jar Spice Rack

Revolving carousel spice rack stand with clear glass jar bottles. The jar caps are easy to open to pour or shake the spice.



Steaming and Poaching are simple and healthy ways to cook, preserving flavorful juices and nutrients of ingredients.

Silicone Egg Poacher

Poaching egg is the healthiest way to cook and eat eggs. This silicone egg poacher can be used as microwave egg cooker also.

#KGES028



Silicone Steamer Basket

Steaming anything from fresh veggies to fish fillets allows the food to stew in their own juices and retain all the nutrients. Silicone won't scratch nonstick surfaces. Stay-cool handles allow stable food transfer. 17 x 18 x 7cm H

#KGSB015



Steamer Basket with Detachable Handle

The nylon stay-cool extendable handle allows you to insert or remove from the pot while steaming. The handle is detachable for cooking large food items such as chicken and seafood. 9" / 23cm dia.

#KGSB006



Universal Steamer

Stainless steel steamer insert suitable for 16, 18 and 20cm pot.

#CWUS001



Microwave Pressure Cooker
Convenient, Quick and Healthy!

Pressure cooking preserves the nutritional values of the foods you prepare. The high heat, intense pressure and shorter cooking times reduce vitamin and mineral loss. Combining these benefits of a traditional pressure cooker, this microwave pressure cooker offers convenience, speed and efficiency of a microwave oven. Prepare meals quickly and healthily.

1.6L #CWPC016

2.2L #CWPC017

3.25L #CWPC001

4.5L #CWPC002

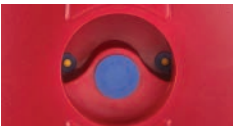


Steamer, Separator, Divider as Bonus

Ensures complete safety



Gasket Offset Device: Ensures that the Pressure cooker does not build pressure unless it is properly closed.



Pressure Regulator: The unique pressure membrane regulator automatically releases excess pressure while cooking.



The Safety Plug: In case the pressure regulator ceases to work, this two-in-one safety device releases the excess pressure.



Visual Pressure Indicator: The safety plug comes up indicating pressure inside the cooker.



The Anti-clogging Mesh: Ensures that food does not clog up the pressure regulator, allowing it to function with zero problems.

Reducing Fat in Your Diet and Cooking with Less Oil



Rectangular Grill Pan / Roaster
The grill pan/roaster is ideal for the low-fat cooking. The ribbed base allows to drain away the fat.
36.5 x 27.5 x 4.4cm

#CWFP148



Healthy Pan with Drip Pan Insert, 28cm dia.

Perfect for keeping the grease drained from hamburgers, bacon, sausage, and French fries etc.

Great for frying. The detachable drip pan insert is able to lift the food away from any grease or juices at once. The fried food stays crispy without turing soggy.

The built-in locking button makes the 2 pieces being attached safely and released easily.

Made of light weight cast aluminum providing even heat distribution.

Both the pan and the insert are of non-stick coating for easy cleaning.

#CWFP142

Oil Sprayer

Oil spraying helps to control the amount of oil used in cooking. The simple pumping action produces a fine mist.



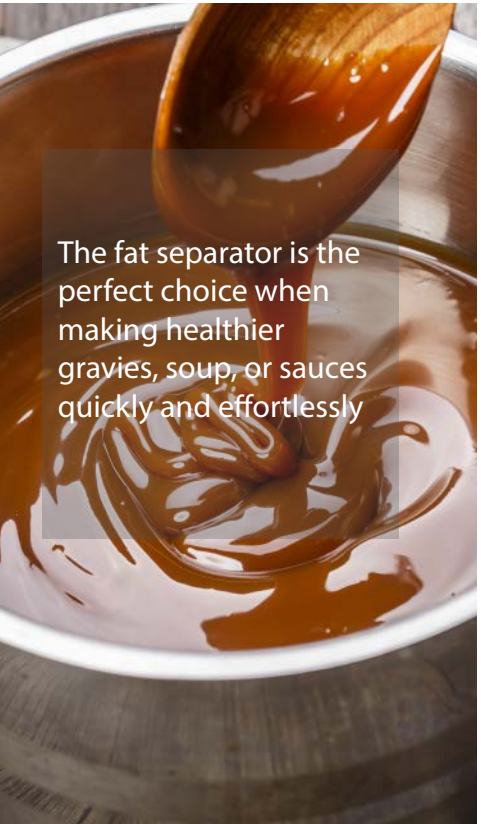
Oil Sprayer, 120ml
6.3cm dia. x 17cm H
#HWOP008



Oil Sprayer, 70ml
6.4cm dia. x 13.7cm H
#HWOP009



Oil Sprayer, 70ml
5.3cm dia. x 16cm H
#HWOP010



The fat separator is the perfect choice when making healthier gravies, soup, or sauces quickly and effortlessly

Fat Separator

The smart design of the strainer lid with silicone guard keeps fat from going into the spout. Once the gravy settles, press the lid to pour out your healthy lean gravy.

#KGFA001



Press the lid to push up and unplug the spout, easily releasing the pure and lean gravy.





The Eco-friendly lunch box made of natural rice husk fiber and contains no chemical ingredients. This Sturdy and lightweight lunch box is BPA free, microwave safe and freezer safe.

Husk Fiber 2-Tier Lunch Box 600ml

Two containers allow to keep food separate. The elastic strap and the lid with handle hold and carry the containers tidily and easily. 15.4 x 14.4 x 16cm

#HHCT105



Husk Fiber 2-Tier Lunch Box 1200ml

It comes with the reusable chopsticks and spoon set. The elastic strap and the lid with handle hold and carry the 2 boxes tidily and easily. 20 x 11 x 14cm

#HHCT104



Husk Fiber Lunch Box 1200ml

It features the lid with airtight silicone ring and the removable divider to allow space and storage flexibility. 20 x 12 x 8cm

#HHCT109



Husk Fiber Bento Box 1100ml

It features the removable divider and airtight lid. Also comes with the elastic strap for extra security. 19 x 12 x 6.4cm

#HHCT106



#HHCT107



Brand Me

Bio-degradable • Food Grade • Temperature Range -20°C to 120°C • Microwave Safe • Freezer Safe • BPA Free



Borosilicate Glass Lunch Box 700ml

4 sides locking lid securely closed without spills. Reusable chopsticks and spoon set in the lid allows you to eat anywhere on the go. 19.7 x 13.2 x 8.5cm

#HHCT113



Borosilicate Glass Lunch Box 980ml

The lunch box features leak-resistant lid and cutlery tray for reusable chopsticks and spoon. 19.7 x 13.2 x 8.5cm

#HHCT111



Salad Box 920ml

The salad box with a salad dressing container and removable tray keeps food separate until ready to eat. 15.4 x 15.4 x 8.6cm

#HHCT119



Salad Box 1.5L

The salad box with a salad dressing container and removable tray keeps food separate until ready to eat. 17.5 x 17.5 x 9.6cm

#HHCT120



Bento Box

The lunch box with removable divider and the lid with airtight silicone ring. The bento box comes with an elastic strap for extra security. 19 x 12 x 6.4cm

#HHCT110



Set of 2 Dressing Bottles

The squeezable silicone bottle with a leak-proof flip-top cap. 7cm dia. x 7.3cm

#TWOI022



This stainless steel food container is durable and eco-friendly. With a wide range of box sizes, it's perfect for lunch and snacks. It's also a great way to store leftovers in the fridge. Each container has a polypropylene plastic lid featuring silicone ring providing a tight seal to ensure leak proof and help keep foods fresher longer.

SQUARE

500ml
12 x 12 x 6.6cm
#TWCA087

1000ml
15.6 x 15.6 x 7.5cm
#TWCA088

1700ml
18.7 x 18.7 x 8.6cm
#TWCA089

RECTANGULAR

500ml
15.8 x 10.8 x 6.7cm
#TWCA090

1000ml
18.7 x 14 x 7.5cm
#TWCA091

1800ml
22 x 16.2 x 8.6cm
#TWCA092



Brand Me



Lemon
10cm dia. x 8cm H
#KGSN002



Apple
12.5cm dia. x 7cm H
#KGSN003



Onion
12.7cm dia. x 9cm H
#KGSN004



Keep the fruits and vegetables fresh longer



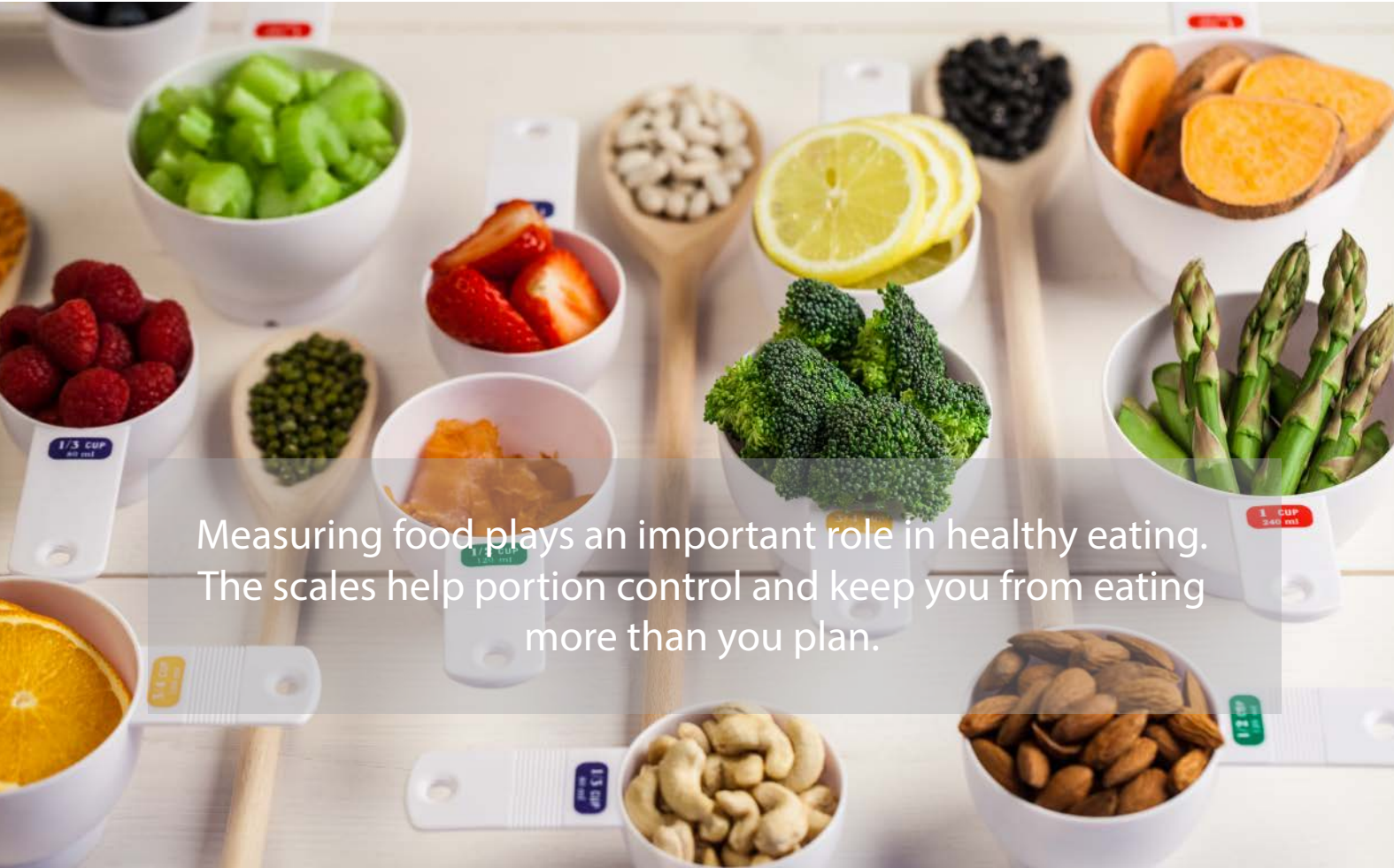
Tomato
12.7cm dia. x 6.5cm H
#KGSN006



Onion
9.2cm x 10cm
#KGSN005



Strawberry
11.5cm x 7cm x 12cmH
#KGSN001



Digital Scale features toughened glass platform and LCD easy-to-read screen.
Weighs in g/lb and oz, up to 5000g/11lb.
Accurate to 1g.
Size : 22 x 15 x 2cm

#KGSA003



Digital Scale features toughened glass platform and LCD easy-to-read screen.
Weighs in g/lb and oz, up to 5000g/11lb.
Accurate to 1g.
Size : 19cm dia. x 5cm

#KGSA002



Digital Scale with Bowl and easy-to-read LCD screen. Flexible to weigh with or without the bowl.
Suitable for bulk and liquid.
Weighs in g/lb and oz, up to 5000g/11lb.
Accurate to 1g.
Bowl capacity 900ml.
Size : 24 x 23 x 7cm

#KGSA004



Digital Scale and Measuring Cup. Easy-to-read LCD screen on cup handle. Easy to weigh and measure at the same time.
Weighs up to 3000g/6lb.
Accurate to 1g.
Cup capacity 1200ml.
Size : 21 x 21 x 10cm

#KGSA004





Since 1842

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