

Select cooking category using the touch button, located second row left hand side. Each touch will announce the next category.

Touch the power button to start. The fryer will announce the selected temperature and time before commencing.

Rearrange food if required.

Once the fryer has finished cooking it will turn off and start an automatic 2 minute cool down period. The fryer will also announce "Fryer temperature high" every 20 seconds.

CLEANING AND CARE

Ensure that the fryer is turned off and has cooled down before cleaning. The pan is dishwasher safe, Please remove the grill before washing. Cleaning should be carried out with a damp soapy cloth and surfaces dried afterwards. Do not use abrasive cleaners on the fryer and never pour water over the top or inside.

PLEASE NOTE: DUE TO THE PAN HAVING A NON STICK COATING IT IS ADVISED TO USE SILICONE TIPPED COOKING UTENSILS.

RECOMENDED COOKING TIMES

INGREDIENT	AMOUNT	PREPARATION	OIL	TEMP	COOK TIME
VEGETABLES					
Asparagus	1 bunch	Whole, stems trimmed	2 tsp	200°C	8-12 mins
Beetroot	4 large (about 1kg)	Whole	None	200°C	45-60 mins
Bell peppers (for roasting)	4 peppers	Whole	None	200°C	25-30 mins
Broccoli	1 head	Cut in 2.5cm floret	1 Tbsp	200°C	10-12 mins
Brussels sprouts	500g	Cut in half, no stem	1 Tbsp	200°C	15-20 mins
Butternut squash	500g-750g	Cut in 2.5cm pieces	1 Tbsp	200°C	20-25 mins
Carrots	500g	cut in 1.5cm pieces	1 Tbsp	200°C	13-16 mins
Cauliflower	1 head	Cut in 2.5cm florets	2 Tbsp	200°C	15-20 mins
Corn on the cob	4 ears	Whole ears, no husks	1 Tbsp	200°C	12-15 mins
Green beans	375g	Trimmed	1 Tbsp	200°C	8-10 mins
Kale (for crisps)	225g	Torn in pieces, no stems	None	150°C	8-10 mins

Mushrooms	225g	Rinsed, cut in quarters	1 Tbsp	200°C	7-9 mins
	750g	Cut in 2.5cm wedges	1 Tbsp	200°C	18-20 mins
	450g	Hand-cut chips*, thin	1/2-3 Tbsp,	200°C	20-24 mins
Potatoes, white	450g	Hand-cut chips*, thick	1/2-3 Tbsp,	200°C	23-26 mins
	4 whole (185-250g)	Pierced with fork 3 times	None	200°C	30-35 mins
	750g	Cut in 2.5cm chunks	1 Tbsp	200°C	15-20 mins
Potatoes, sweet	4 whole (185-250g)	Pierced with fork 3 times	None	200°C	30-35 mins
Courgette	500g	cut in 2.5cm pieces	1 Tbsp	200°C	15-18 mins
POULTRY					
Chicken breasts	2 breasts	Bone in	Brushed with oil	190°C	25-35 mins
	2 breasts	Boneless	Brushed with oil	190°C	18-22 mins
Chicken thighs	4 thighs	Bone in	Brushed with oil	200°C	22-28 mins
Chicken thighs	4 thighs	Boneless	Brush with oil	200°C	18-22 mins
Chicken wings	1kg	Drumettes & flats	1 Tbsp	200°C	22-26 mins
FISH & SEAFOOD					
Fish cakes	2 cakes	None	Brushed with oil	180°C	12-15 mins
Lobster tails	4 tails	Whole	None	190°C	5-8 mins
Salmon fillets	2 fillets	None	Brushed with oil	200°C	10-13 mins
Prawns	16 large	Whole, peeled, tails on	1 Tbsp	200°C	7-10 mins
BEEF					
Burgers	4 ¼ pounders	2.5cm thick	None	190°C	8-10 mins
Steaks	2 (8oz)	Whole	None	200°C	10-20 mins
PORK					
Bacon	4 strips, cut in half	None	None	180°C	8-10 mins
Pork chops	2 bone-in chops	Bone in	Brush with oil	190°C	15-17 mins
	4 boneless chops	Boneless	Brushed with oil	190°C	14-17 mins
Pork tenderloins	2 tenderloins	Whole	Brushed with oil	190°C	25-35 mins
Sausages	4 sausages	Whole	None	200°C	8-10 mins
FROZEN FOODS					
Chicken nuggets	1 box	None	None	200°C	10-13 mins
Fish fillets	1 box (6 fillets)	None	None	200°C	14-16 mins
Fish fingers	18 fish fingers	None	None	200°C	10-13 mins
French fries	450g	None	None	180°C	20-25 mins
French fries	1kg	None	None	180°C	28-32 mins
Mozzarella sticks	1 box	None	None	190°C	8-10 mins
Popcorn shrimp	1 bag	None	None	200°C	9-11 mins
Hash browns	450g	None	None	180°C	18-22 mins