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## OPERATING INSTRUCTIONS

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# Food Chopper & Processor



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**MODEL: K3301**

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# thank you

Thank you for the purchase of this quality **HEALTH KICK** product. Used carefully and in accordance with the instructions enclosed, it should give you trouble free service over a long period of time. Please keep these instructions for future reference. Remove all packaging before use.

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## FEATURES

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- Power: 400w max
- 1.0ltr max liquid capacity
- 200gm food capacity
- Removable 1.0ltr Glass bowl with measure guide
- Single or Double Height Stainless Steel Cutting Blades
- Accessories: Whisk Attachment & Rubber Base

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## SPECIFICATIONS

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- Operating Voltage: 220-240v~50Hz/60Hz
- Power Output: 200-400w max
- Ambient Operating Temperature: 5°C - 23°C

**Note:** Do not operate if ambient temperature is outside this range as this may damage the product.

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## IMPORTANT SAFEGUARDS AND PRECAUTIONS

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### SAVE THESE INSTRUCTIONS

- Read all instructions carefully
- For Household Use only. Not intended for commercial use. This appliance is intended to be used in household and similar applications such as; staff kitchen areas in shops, offices and other working environments, farm houses, by clients in hotels, motels and other residential type environments, bed and breakfast type environments.
- Only for use indoors.
- Before plugging into mains socket, check whether supply line voltage and current rating are in compliance with the rated electrical parameters shown on the rating label.
- This appliance is not intended to be operated by means of an external timer or separate remote control system.
- To prevent damage to the mains cord, do not let it pass over sharp corners, edges or hot surfaces.
- If the supply cord is damaged, do not use. Check before each use!

The supply cord cannot be replaced. If the cord is damaged the appliance should be scrapped.

- Always unplug when not in use.
- This appliance should only be used on a flat surface.
- To prevent against the risk of electric shock, do not submerge any part of this appliance in water, unless advised in this manual.

- This appliance shall not be used by children. This appliance can be used by people with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Keep the appliance and its cord out of reach of children.
- Cleaning and user maintenance shall not be made by children.
- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.

for more than 1 minutes continuous use. Then allow to cool down for 5 minutes before using again.



- Do not leave unattended whilst in use.
- Do not immerse the motor unit in water during cleaning.
- Do not use if any part of this appliance is damaged in any way.
- Do not use for any purposes other than the appliances intended use.

#### CAUTION

- The cutting Blades are very sharp, even when not in use. Caution should be taken when handling the blades, emptying the bowl and during cleaning.
- Blades should be checked regularly for any damage or cracks and should not be used if anything is found.

#### WARNING

Do not run the food processor continuously for longer than 10 seconds. Leave to cool for 1 minute in between each 10 seconds operation. Failure to heed this advice may burn out the motor unit.

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## LOCATION OF CONTROLS

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### **A – Motor Unit**

Single Speed motor unit.

### **B –On Button**

Large on/off button. Push down to operate.

### **C – Glass Bowl**

1.0ltr dishwasher safe glass bowl

### **D –Splashguard Lid**

Dishwasher safe splashguard lid

### **E- Stainless Steel Chopping Blades**

Double blades can be separated for single blade use. Blades come with blade protectors that must be removed before operation.

### **F- Whisk attachment**

Plastic whisk, ideal for mixing flour, eggs, milk etc.

### **G- Rubber Base**

Protective rubber base helps the unit remain firm on the work surface.

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## OPERATION

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### **■ BEFORE FIRST USE**

1. Ensure the unit is not connected to a mains power supply.
2. Remove the motor unit and the splashguard lid.
3. Carefully remove the blades and from each blade remove the protective covers.

*Note: The blades will not turn with the covers attached.*

4. Wash the bowl and splashguard lid with soapy warm water, rinse and then allow to dry.
5. Blades can be rinsed, and care should be taken when cleaning.
6. Re-assemble all parts

## ■ SEPARATE THE BLADES

To separate the blades, first remove carefully from the unit. The blades are sharp so caution should be taken. Now twist clockwise and pull up the top half of the blades removing them from the bottom section. You can now only use the bottom section.

## ■ WHISK ATTACHMENT

Remove the blades from the bowl and insert the whisk attachment onto the pin in centre of the bowl. Add your ingredients. Replace the lid and the motor unit.

Do not fill past the 1.0L mark or 750ml if all liquid.

## ■ OPERATION

1. Place the rubber base onto the work-surface, rib side down.

2. Position the bowl onto the middle of the rubber base.

3. Fit the blades over the pin in the bowl.

4. Add your food, see processing guide.

- Cut large piece of food into 1-2 cm ( $\frac{1}{2}$ " -  $\frac{3}{4}$ " in pieces).
- Don't chop hard foods such as coffee beans, ice cubes, spices or chocolate. You will damage the blades.

5. Fit the splashguard. Make sure the slots in the splashguard fit over the handles in the rim of the bowl.

**Note:** *The food processor will not operate unless the splashguard is fitted.*

6. Fit the motor unit.

7. Plug in. press down on the power unit for short lengths of time to produce a pulsing action-this will avoid over processing the ingredients.

**Note:** *If the machine labours, remove some of the mixture and continue processing in several batches. Stop the machine and scrape down if necessary.*

### WARNING

Do not run the food processor continuously for longer than 10 seconds. Leave to cool for 1 minute in between each 10 seconds operation.

8. After use. Unplug, dismantle and clean.

**Note:** *Never operate if bowl is empty. Do not operate if liquid is above 750ml. Maximum meat capacity is 200g*

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## FOOD PROCESSING GUIDE

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FOOD	MAXIMUM CAPACITY	PREPARATION
Meat	200g	Remove bones, fat and gristle. Cut into 1-2 cm (1/2-1/4 in cubes)
Herbs eg. parsley	50g	Remove stalks
Nuts eg. almonds	300g	Remove stalks
Cheese eg. Cheddar	100g	Cut into 1-2cm (1/2-1/4 in cubes)
Bread	75g	Cut into 1-2cm (1/2-1/4 in cubes)
Hardboiled eggs	6	Halve or quarter depending upon size
Onions	250g	Cut into approximate 2 cm (1/4in) pieces
Biscuits	150g	Break into pieces
Soft fruit eg. raspberries	300g	Remove stalks

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## CLEANING AND CARE

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### ■ MAINTENANCE

This appliance has been designed to operate over a long period of time with minimum of maintenance. Continuous satisfactory operation depends upon proper care and regular cleaning.

### ■ STORAGE

Always store this appliance and cord in a moisture-free area. Do not store in temperatures below 5°C or above 35°C.

### ■ CLEANING

Always store this appliance and cord in a moisture-free area. Do not store in temperatures below 5°C or The motor unit must not be immersed in water.

Unplug from mains and wipe the cabinet with a clean damp cloth only. Do not use chemicals or abrasives to clean the fryer.

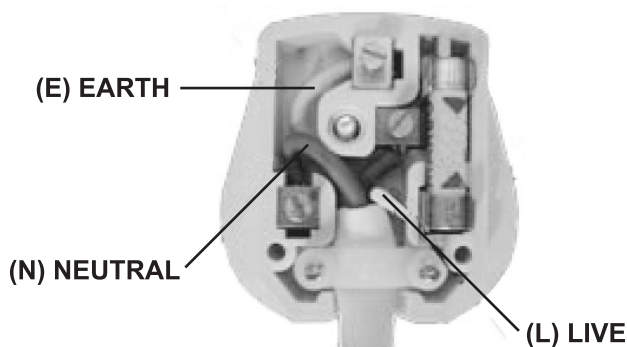
The Bowl and Splashguard lid can be washed in the Dishwasher or with clean hot soapy water.

Wash the blades and Whisk in hot soapy water. Caution when handling the blades.

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## FITTING A NEW UK PLUG

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Your appliance operates on 220-240V~50Hz AC Mains and comes fitted with a 3-pin BSI Approved plug, so that it is ready for use for the UK or Eire market. If for any reason you need to fit a new plug, the flexible mains lead must be connected as shown below: -

### ■ IMPORTANT:

The wires in the mains lead are coloured in accordance with the following code:

BLUE:	NEUTRAL (N)
BROWN:	LIVE (L)
GREEN AND YELLOW:	EARTH (E)

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The BLUE wire must be connected to the terminal which is marked with the letter "N" or coloured BLACK.  
The BROWN wire must be connected to the terminal which is marked with the letter "L" or coloured RED.  
The GREEN AND YELLOW wire must be connected to the terminal which is marked with the letter "E", the symbol  or coloured GREEN.

### ■ DO NOT CONNECT EITHER WIRE 'L' OR 'N' TO THE EARTH TERMINAL OF A 3-PIN PLUG

Always ensure that the Mains Cord is located into the Plug through the Cord Guard or Cable Clamp, and that the Cord Guard screws are tightened to clamp the Cord (outer sheath and inner coloured wires) in position in the Plug. Make sure the Plug top is also fitted securely.

The supply cord cannot be replaced. If the supply cord is damaged, the appliance should be scrapped.

This appliance must be protected by a 10 Amp fuse in a 13 Amp type (BS1363) plug. Should you need to replace the fuse, use only an ASTA approved BS1362 fuse.

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## WEEE/ENVIRONMENTAL PROTECTION

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### ■ DISPOSAL OF ELECTRICAL AND ELECTRONIC EQUIPMENT

Do not dispose of this product with household waste. For the proper treatment, recovery and recycling please take this product to the appropriate waste collection point. If you are unsure where this may be, please contact your local authority. Improper disposal may be harmful to the environment.



**CUSTOMER SERVICES**

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If you have any queries about this product then please contact Lloytron Customer Services online at:



**[www.lloytronhelpdesk.com](http://www.lloytronhelpdesk.com)**

To find out more about Health Kick products, visit [www.lloytron.com](http://www.lloytron.com)



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