
OPERATING INSTRUCTIONS

5.5 Litre Digi-Touch Air fryer



MODEL: K3401

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.

FEATURES

- Uses rapid 'heatwave' technology
- Fry, grill, bake, steam
- Use 80% less oil
- Digital Easy-Touch Control panel
- 7 preset temperature/time settings
- Max Capacity: 5.5ltr
- Food capacity: 4.8Ltr
- 60 minute timer
- Adjustable temperature control, 80C-200C
- Auto shut off after timing complete
- Integrated air filter
- Dishwasher safe parts
- Includes recipe book and quick start guide
- Power: 1800w max.



SPECIFICATIONS

Operating Voltage: 220-240v ~ 50/60Hz

Power Consumption: 1600w - 1800w

Food Capacity: 4.8Ltr

Max Capacity: 5.5Ltr

Ambient Operating Temperature: 5°C - 23°C

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



IMPORTANT SAFEGUARDS AND PRECAUTIONS

READ & SAVE THESE INSTRUCTIONS

- For Household Use only. Not for use in commercial or retail environments.
- 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.
- Always unplug when not in use.
- To prevent against the risk of electric shock, do not submerge any part of this appliance in water, unless advised in this manual. Do not rinse under the tap.
- To avoid electric shock, do not put liquid of any kind into the main housing unit containing the electrical components.
- Always place on a horizontal that is level, stable and non-combustable.

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

- This appliance can be used by children aged from 8 years and above and persons 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.
- Children shall not play with this appliance.
- Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep the appliance and its cord out of reach of children less than 8 years.
- Do not place near or come in contact with flammable material (curtains, draperies, furnishings, wallpaper etc) whilst in operation.

DO NOT

- Do not use if the appliance is damaged or malfunctions.
- Do not use for any purposes other than the appliances intended use.
- Do not twist or kink the cable, or wrap it around the appliance.
- Do not plug or unplug the appliance with wet hands.
- Do not insert oversized foods into the appliance.
- Do not allow spillages of foods such as cheese etc. inside the appliance
- Do not cover the appliance whilst in operation.
- Do not operate by use of an external timer or remote control system.
- Do not leave unattended when in use.
- Do not pour oil into the Outer Basket. Fire and personal injury could result.
- Do not use with an extension lead of any kind.



 **WARNING**

- Keep away from hot surfaces, such as gas or electric hobs or ovens.
- If supply cord is damaged, do not use. Check before each use.
- To prevent damage to the cord, do not let it pass over sharp corners, edges or hot surfaces.
- Hot Steam is released from the vents at the rear, caution must be heeded.
- The internal temperature becomes extremely hot during use and whilst cooling. Do not place hands inside the unit until completely cool.
- Should the unit emit black smoke, unplug immediately and wait for the smoking to stop before removing the basket.
- The outer surfaces of the unit may become hot during use. The basket will also be hot...wear oven gloves when handling hot components or touching hot surfaces.
- When cooking, do not place the appliance against a wall or other appliances. Always leave a space of 15cm from any surface.

 **CAUTION**

- Do not move the Sliding Button Guard forward until the Fry Basket and Outer Basket are resting on a level, heat-resistant surface. Discontinue use if the Sliding Button Guard ever becomes detached from unit.
- Allow appliance to cool down for 30 minutes before handling, cleaning or storing.
- Do not place oil or allow fatty foods to generate excess oil in the baskets. Oil can catch fire which can damage the unit and cause a safety concern.
- Always unplug the appliance when not in use.



LOCATION OF CONTROLS



- A - Fry Basket
- B - Basket release Button
- C - Sliding Button Guard
- D - Easy Grip Handle
- E - Outer Basket

- F - Assembled Fry Basket and Outer Basket
- G - Air Intake Vent
- H - Digital Control Panel

SLIDING BUTTON GUARD & RELEASE BUTTON

The Sliding Button Guard helps to ensure you do not press the Basket Release Button by accident. Pressing the Basket Release Button causes the Outer Basket to separate from the Fry Basket and may result in injury if not done on a level, heat-resistant surface.

DO NOT

Do not move Sliding Button Guard forward until Fry Basket and Outer Basket are resting on a level, heat-resistant surface.

CAUTION

Discontinue use if Sliding Button Guard ever becomes detached from Unit.



DIGITAL CONTROL PANEL



■ POWER BUTTON

Once the Outer Basket and Fry Basket are properly placed in the Main Unit Housing, the Power Button will be illuminated. Selecting the Power Button one time will set the Unit to a default temperature of 180° C, and the cooking time will be set to 15 minutes. Selecting the Power Button a second time will start the cooking process. Pressing the Power Button during the cooking cycle will turn the Unit off. The Red Heat Light will turn off and the Fan Icon will continue to spin for 20 seconds.



■ TIMER CONTROL BUTTONS

The ▲ and ▼ symbols enable you to add or decrease cooking time, one minute at a time. Keeping the button held down will rapidly change the time.



■ TEMPERATURE CONTROL BUTTONS

The ▲ and ▼ symbols enable you to add or decrease cooking temperature 5°C at a time. Keeping the button held down will rapidly change the temperature. Temperature control range: 80°C – 200°C.



■ PRESET BUTTON

Selecting the (M) Preset Button enables you to scroll through the 6 Preset Buttons. Once selected, the predetermined time and cooking temperature function begins.

Note: You can override the Preset function by increasing or decreasing Time and Temperature manually.

■ TIME AND TEMPERATURE

The LED display will keep track of the temperature and remaining cook time.



■ FAN ICON

The spinning, Fan Icon will appear when the Unit is turned on and for up to 20 seconds after it is turned off. The star-shaped Red Heat Light will appear inside the centre of the fan when the Unit is in “cook” or “preheat” mode.

■ COOKING WITH THE AIR FRYER WITHOUT PRESETS

Once you are familiar with the Air Fryer you may want to experiment with your own recipes. You do not need to select a Preset function. Simply choose the Time and Temperature that suits your personal taste.



■ PRESET BUTTON SELECTIONS

Presets to choose from: Chips, Chicken, Steak, Fish, Potato Wedges, Chicken Wings and Bacon.

PRESET BUTTON COOKING CHART		
Preset Button	Temperature	Time
Frozen Chips	200°C	16 min
Chicken Drumsticks / Thighs	180°C	20 min
Steak (1-inch thick)	180°C	12 min
Fish (1-inch thick)	175°C	10 min
Fresh Potato Wedges / Chips	150°C	15 min
Chicken Wings	200°C	12 min
Bacon / Sausages	190°C	6 min

■ PREHEATING THE AIR FRYER

You may preheat the Unit for more efficient cooking simply by selecting a cook time of 2 or 3 minutes and cook at the default or higher temperature. For preheating, you will need to insert the empty Fry Basket and Outer Basket (assembled) into the Main Unit Housing.

WARNING

Never fill the Outer Basket with cooking oil or any other liquid! Fire hazard or personal injury could result.

■ A VERSATILE APPLIANCE

The air fryer is designed to cook a wide variety of your favourite foods. The charts and tables provided within this manual and the Recipe Guide will help you get great results. Please refer to this information for proper time/temperature settings and proper food quantities.

■ BEFORE USING THE AIR FRYER FOR THE FIRST TIME

Remove all packing materials, labels, and stickers. Wash the Outer and Fry Baskets with warm, soapy water. The Outer and Fry Baskets are dishwasher safe. Wipe the inside and outside of the cooking Unit with a clean, moist cloth. Never wash or submerge the cooking Unit in water. Never fill the Outer Basket with oil... this Unit cooks with hot air only.

■ PREPARING FOR USE:

Place the appliance on a stable, level, horizontal, and heat-resistant surface.

Place the Fry Basket in the Outer Basket properly.

Slide the Fry Basket into the cooking Unit until it "clicks" into place.

Note: *The Unit will not work unless the Fry Basket is inserted properly.*

Plug the power cord into the 220-230V~50/60Hz, dedicated outlet.

When removing the Outer Basket, you may feel slight resistance.

Place your hand on top of the Unit and pull gently on the Outer Basket

NEVER: Put anything on top of the appliance.

Cover the Air Vent on the top and back of the cooking Unit.

CAUTION

If the sliding button guard moves forward when removing the outer basket, be careful not to press the basket release button. The outer basket will separate from the fry basket and may cause injury.



INSTRUCTIONS FOR USE

WARNING






Wear an oven mitt on the hand you use to hold the Unit in place.
Place the ingredients in the Fry Basket (fig. A).

Note: Never fill the Fry Basket above the recommended amount as this could affect the quality of the end result or interfere with the electric heating coils.

Slide the Fry Basket back into the Unit until it “clicks” in place (fig. B). Never use the Outer Basket without the Fry Basket.

CAUTION

During the cooking process, the Outer Basket will become very hot.
When you remove it to check on the progress, make sure you have a heat-resistant surface nearby to set it down on.

1. When the Fry Basket and food is securely in place, press the Power Button  once.
2. Select a Preset function using the M Button  or manually set the Temperature  and then the Time .
3. Press the Power Button  once and the Air Fryer will cycle through the cooking process.

Note: You may remove the Fry Basket at any time during the process to check the progress.

Because Rapid “Heatwave” Technology instantly reheats the air inside the appliance, pulling the Outer Basket briefly out of the appliance during hot air frying barely disturbs the process.

Consult the charts in this manual or the Recipe Guide to determine the correct settings.

■ SHAKING.....

To insure even cooking, some foods require “shaking” during the cooking process. To do this, simply remove the Outer Basket and Fry Basket from the Unit... gently shake the contents as needed and place back in Unit to continue cooking.

For heavier foods, you might want to separate the Fry Basket from the Outer Basket before shaking. To do this, place the assembled Outer Basket and Fry Basket on a heat-resistant surface. Move Sliding Button Guard forward to expose Basket Release Button. Press the Basket Release Button (top photo) and gently lift the Fry Basket. Shake ingredients. Place the Fry Basket in the Outer Basket and return it to the Unit to finish cooking.



⚠ CAUTION

The Outer Basket will be hot... wear an oven glove during this procedure. Never move the Sliding Button Guard while shaking or you may press the Basket Release Button accidentally.

TIP: Set the Timer to 1/2 the time needed for the recipe. The Timer bell will alert you when it's time to "shake".

4. When you hear the Timer bell, the Preset preparation time has elapsed.
5. Pull the Outer Basket out of the appliance and place it on a heat-resistant surface.
6. To remove ingredients (i.e., fries), place the Outer Basket on a heat-resistant surface.
7. Move Sliding Button Guard forward.
8. Press the Basket Release Button (top photo) and lift the Fry Basket out of the Outer Basket.
9. Turn the Fry Basket over and let the ingredients fall on a plate.
10. Use nonabrasive utensils to remove larger foods.

🚫 DO NOT

Do not turn the Fry Basket upside down with the Outer Basket still attached... excess oil that has collected on the bottom of the Outer Basket will drip onto the food.

When a quantity of food is cooked, the Unit is instantly ready for preparing another batch. When the cooking cycle is over, you may begin use again immediately.

TIPS

- Foods that are smaller in size usually require a slightly shorter cooking time than larger ones.
- Large quantities of food only require a slightly longer cooking time than smaller quantities.
- "Shaking" smaller-sized foods halfway through the cooking process assures that all the pieces are fried evenly.
- Adding a bit of vegetable oil to fresh potatoes is suggested for a crispier result. When adding a little oil, do so just before cooking.
- Snacks that are normally cooked in an oven can also be cooked in the AiroFryer.
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also requires a shorter cooking time than homemade dough.
- Place a baking tin or oven dish in the Fry Basket when baking a cake or quiche. A tin or dish is also suggested when cooking fragile or stuffed foods.
- You can use the AiroFryer to reheat foods. Simply set the temperature to 180C for up to 10 minutes.

The table below will help you select the correct temperature and time for best results. As you become more familiar with the Air Fryer cooking process, you may adjust these settings to suit your own personal tastes.



COOKING GUIDE

INGREDIENTS	MIN-MAX QUANTITY (g)	COOKING TIME (min)	COOKING TEMPERATURE (°C)	EXTRA INFORMATION
FRIES				
Thin Frozen French Fries	300-700	9-16	200	Remove and shake the basket mid way through cooking cycle.
Thick Frozen French Fries	300-700	11-20	200	Remove and shake the basket mid way through cooking cycle.
Home Made French Fries (8mm thick)	300-800	16-20	200	Add ½ tbsp. oil to coat the fries. Remove and shake the basket mid way through cooking cycle.
Home Made Potato Wedges	300-800	18-22	180	Add ½ tbsp. oil to coat the fries. Remove and shake the basket mid way through cooking cycle.
MEAT				
Steak	100-500	8-12	180	
Sausages	100-500	7-14	180	Defrost first.
Pork Chops	100-500	10-14	180	
Hamburger	100-500	7-14	180	
Bacon	100-500	4-8	180	Line basket with tin foil.
Sausage Roll	100-500	13-15	200	
Chicken Drumsticks	100-500	18-22	180	
Chicken Breast	100-500	10-15	180	
SNACKS				
Spring Rolls / Samosas	100-400	8-10	200	Remove and shake the basket mid way through cooking cycle.
Frozen Chicken Nuggets	100-500	6-10	200	Remove and shake the basket mid way through cooking cycle.
Frozen Fish Fingers	100-400	6-10	200	
Baked Potato	100-500	12-15	200	
Breaded / Battered Fish	100-500	12-15	200	
BAKING				
Cake (Sponge)	300	20-25	160	
Quiche	400	20-22	180	
Muffins	300	15-18	200	



TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SOLUTION
The AIR FRYER does not work	The appliance is not plugged in. You have not turned the Unit on, set the preparation time, or temperature.	Plug power cord into wall socket. Press the Power On Button . Select a Preset or select Time and Temperature . Press the Power Button again and cooking will begin.
	You have probably turned off the Unit . If you pressed the Power Button while the Unit is cooking it will trigger the Auto Shut-Off mode.	Press the Power On Button . Select a Preset or select Time and Temperature . Press the Power Button again and cooking will begin.
Food not cooked	The Fry Basket is overloaded.	Use smaller batches for more even frying.
	The temperature is set too low.	Use the Temperature Control Button to raise the temperature and continue cooking.
Food is not fried evenly	Some foods need to be “shaken” during the cooking process.	See pages 9 and 10 in this manual.
Outer Basket won't slide into Unit properly	Fry Basket is overloaded. Fry Basket is not placed in Outer Basket correctly.	Do not fill the Fry Basket above the MAX level Gently push Fry Basket into Outer Basket until it “clicks.”
White smoke coming from Unit	Too much oil being used. Outer Basket has grease residue from previous cooking.	Foods heavy with oil will cause dripping in the Outer Basket . Oil in the Outer Basket will smoke having no effect on the Unit or the food. Clean Outer Basket after each use.
Fresh fries are not fried evenly	Wrong type of potato being used. Potatoes not rinsed properly during preparation.	Use fresh, firm potatoes. Use cut sticks and pat dry to remove excess starch.
Fries are not crispy	Raw fries have too much water.	Dry potato sticks properly before adding oil. Cut sticks smaller. Add a bit more oil.
Error	E1 - Broken circuit of the thermal sensor E2 - Short circuit of the thermal sensor	Call Customer Service



CLEANING AND CARE

■ MAINTENANCE

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

WARNING

Before performing any maintenance or cleaning of this appliance, disconnect the appliance from the electrical supply and is turned off.

■ CLEANING

Clean the Air Fryer after each use. The Outer Basket and the Fry Basket are coated with a special non-stick surface. Never use abrasive cleaning materials or utensils on these surfaces.

1. Remove the power cord from the wall socket and be certain the appliance is thoroughly cooled before cleaning.

Note: *Separating the Outer Basket from the Fry Basket will allow them to cool quicker.*

CAUTION

Clean the Air Fryer after each use. The Outer Basket and the Fry Basket are coated with a special non-stick surface. Never use abrasive cleaning materials or utensils on these surfaces.

2. Wipe the outside of the appliance with a warm, moist cloth and mild detergent.
3. Clean the Outer Basket and the Fry Basket with hot water, a mild detergent, and a nonabrasive sponge.

Note: *The Outer Basket and Fry Basket are dishwasher safe.*

Tip: Should Outer Basket and Fry Basket contain difficult to remove food particles, leave the Fry Basket and Outer Basket assembled, fill with hot, soapy water, and soak for 10 minutes.

4. Clean the inside of the appliance with hot water, a mild detergent, and a nonabrasive sponge.
5. If necessary, remove unwanted food residue from the heating element with a cleaning brush.

■ STORAGE

Allow the appliance to cool for 30 minutes before storing away.

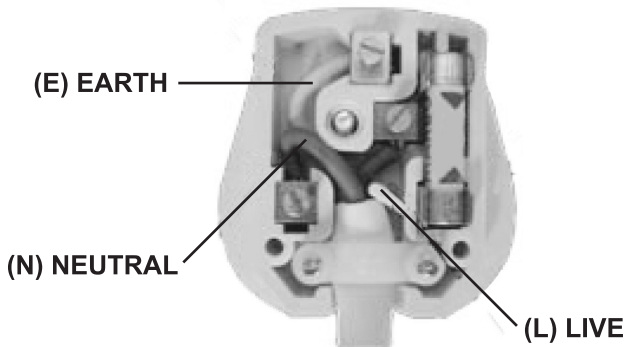
Do not wrap cord around appliance.

Do not store in temperatures outside of 5°C - 23°C.

Failure to comply could cause damage to the product.



FITTING A NEW UK PLUG




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.



WEEE/ENVIRONMENTAL PROTECTION



■ 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.



 healthkick **CUSTOMER SERVICES**

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



www.lloytronhelpdesk.com

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