



OPERATING INSTRUCTIONS

8.0 Litre Dual Zone Digi-Touch Air fryer



MODEL: K3431

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 85% less oil
- Dual Viewing Windows
- Digital Easy-Touch Control panel
- 10 preset temperature/time settings
- Food capacity: 8.0Ltr
- 60 minute timer
- Adjustable temperature control, 60C-200C
- Auto shut off after timing complete
- Integrated air filter
- Includes recipe book and quick start guide
- Power: 1700w max.



SPECIFICATIONS

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

Power Consumption: 1500w - 1700w

Food Capacity: 8.0Ltr

Temperature: 60 – 200C

Timer: 0-60min

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-combustible.

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

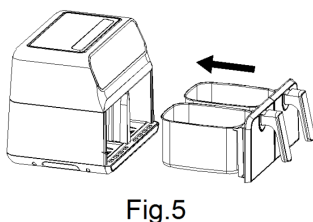
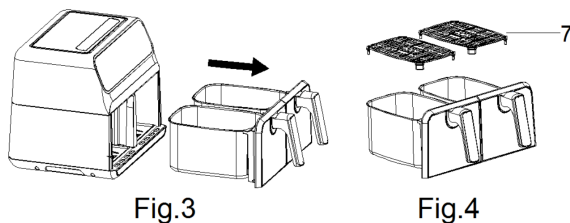
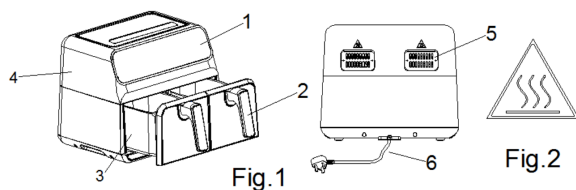
- Keep away from hot surfaces, such as gas or electric hobs or ovens.
- If supply cord is damaged, do not use. Check before each use.
- To prevent damage to the cord, do not let it pass over sharp corners, edges or hot surfaces.
- Hot Steam is released from the vents at the rear, caution must be heeded.
- 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

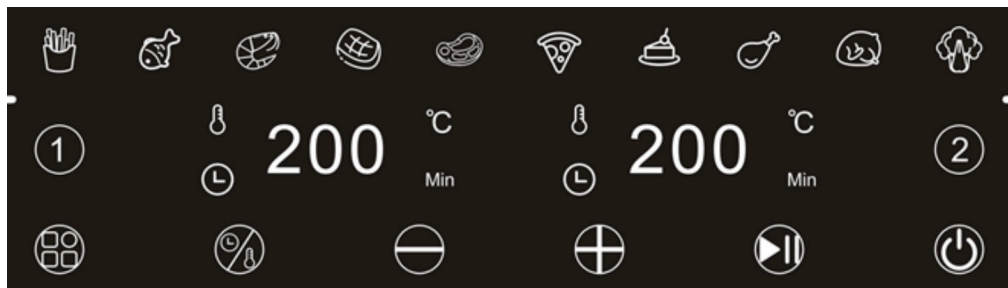
- Do not place oil or allow fatty foods to generate excess oil in the baskets. Oil can catch fire which can damage the unit and cause a safety concern.
- Allow appliance to cool down for 30 minutes before handling, cleaning or storing.
- Do not place the appliance against a wall or against other appliances. Leave at least 10cm free space on the back and sides and 10cm free space above the appliance.
- Do not place anything on top of the appliance.
- Always unplug the appliance while not using.
- The appliance needs approximately 30 minutes to cool down for handle or cleaning safely.



LOCATION OF CONTROLS



1. Control Panel
2. Baskets
3. Pots
4. Main Housing
5. Air Vents
6. Main Power Cord
7. Frying Plate



Power ON/OFF button



Temperature/Time increase or decrease buttons



Basket/Pot 1 or 2 selection



Preset Menu selection



Toggle between Temperature and Timer



Start cooking process or pause



www.lloytronhelpdesk.com

OPERATING INSTRUCTIONS

■ BEFORE FIRST USE

1. Remove all packaging materials.
2. Remove any stickers or labels from the appliance.
3. Thoroughly clean the basket and pot with hot water, some washing-up liquid and a non-abrasive sponge.
4. Wipe inside and outside of the appliance with a moist cloth.

This is an oil-free fryer that works on hot air, Do not fill the pot with oil or frying fat directly. Drain any fat/oil from fatty foods during the cooking process to avoid catching fire.

Do not leave the air fryer unattended at any time whilst in use.

Notice: When your air fryer is heated for the first time, it may emit slight smoke or odour. This is normal with many heating appliances. This does not affect the safety of your appliance.

■ PREPARING FOR USE

1. Place the appliance on a stable, horizontal and even surface.

⊘ DO NOT

Do not place the appliance on non-heat-resistant surface.

2. Place the basket in the pot (Fig.3).

⊘ DO NOT

Do not fill the pot with oil or any other liquid.

Do not put anything on top of the appliance, the airflow will be disrupted and this can damage the appliance.

■ 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 Baskets into the Main Unit Housing.

Hot air cooking

1. Connect the mains plug into the mains supply.
2. Carefully pull the pot out of the air fryer (Fig.6)
3. Put the ingredients in the basket. (Fig.5)
4. Slide the pot back into the air fryer (Fig 4)

Note: Carefully align with the guides in the body of the fryer.

Never use the pot without the frying plate in it.

⚠ CAUTION

Do not touch the pot during and some time after use, as it gets very hot. Only hold the pot by the handle.





5. Determine the required preparation time for the ingredient.
6. Some ingredients require shaking halfway through the preparation time.
To shake the ingredients, pull the pot out of the appliance by the handle and shake it. Then slide the pot back into the air fryer
7. When you hear the timer buzzer, the set preparation time has elapsed. Pull the pot out of the appliance.


Note: You can also switch off the appliance manually. To do this, set the time to 1.

Tip: You can adjust temperature or time according to your taste during use. Your settings will be kept for about 10 mins after you pull the pot out of the body.

8. Check if the ingredients are ready.
If the ingredients are not ready yet, simply slide the pot back into the appliance and set the timer to a few extra minutes.
9. To remove ingredients (e.g. fries), pull the pot out of the Hot-air fryer and place it on trial framework, and press the basket release button and lift the basket out of the pan.
10. Empty the basket into a bowl or onto a plate.

■ HOW TO USE

1. After the appliance is powered on, all the indicators and icons will be on for 1 second and then turn off. At the same time, the buzzer will ring and the ON/OFF button  will be on.
2. Press the ON/OFF button  for 0.5 seconds to turn the panel on and Eight (8) bottom buttons are illuminated and the timer/temperature settings are shown as "----".
3. Now select pot 1 or pot 2 according depending on which basket you wish to use.
Note: Left hand side is Pot 1, and right hand side is Pot 2.


Choose pot 1 and press 

The  and  buttons will blink.

The display settings for pot 1 will illuminate and it will display the default menu of the first Preset menu which is 200C/20min Frozen Chips.

The temperature and time are displayed alternately every few seconds.



Pot 2 will display "----" on the right hand side of the screen.



4. To select from the PRESET menu.
Press the Preset button  , Each press will select a different preset shown flashing in the top lights icons. If none are flashing then you are in Manual mode and the clock will flash.




The presets are as follows:


Frozen Chips	200C/20min
Fish	200C/18min
Shrimp	180C/20min
Steak	180C/20min
Pork Chop	180C/25min
Pizza	200C/20min
Cake	160C/30min
Chicken Drumsticks	200C/20min
Chicken	200C/35min
Vegetables	160C/18min
Manual	---C/---min


To amend the temperature and time, select the temperature and time selection button first , When the corresponding indicator lights up and press to adjust the temperature and time .



After making any adjustment you can now select Pot 2  or cook from only Pot 1 by press the start/pause button  to start the cooking process and the window will illuminate so that you can see the food cooking.


5. You can remove the drawer at any time to shake the food. This will not interrupt the cooking time and the display will show “OPEN”.




6. Pressing Pause  will stop the cooking process temporarily and the fan will continue to run for 15 seconds. After this time the fan will stop and the light in the window will turn off.

7. You can now make adjustments to the cooking time and temperature to either pot 1 or pot 2, alternatively you can press pause  again to restart the cooking.

8. Press and hold the ON/OFF  button for 2 seconds will turn “OFF” both pots. The fan will continue for 15 seconds.

9. To turn pause one pot only, press the corresponding  or , When the corresponding pot stops working, the corresponding screen displays “----”

10. You may then restart the pot that you have paused by pressing .

11. To turn OFF one pot only, press the corresponding  or , then press and hold  for 2 seconds. When the corresponding pot stops working, the corresponding screen displays “OFF”. This pot will now be turned off and the light will extinguish after 20 seconds.

12. Memory function: This appliance has a memory function.

Pre-used settings will remain active for each pot as long as the power supply to the appliance remains on. The memory function will only reset after 1 hour of power failure or removal.

Note: the cooking time is not synchronised so both pots may stop at different times.



PRESET SETTINGS

This table below will help you to select the basic settings for the PRESETS

Note: Keep in mind that these settings are indications. As ingredients differ in origin, size, shape as well as brand, we cannot guarantee the best setting for your ingredients. Because the Rapid Air technology instantly reheats the air inside the appliance instantly Pull the pot briefly out of the appliance during hot air frying barely disturbs the process.

TIPS

- Smaller ingredients usually require a slightly shorter preparation time than larger ingredients.
- A larger amount of ingredients only requires a slightly longer preparation time, a smaller amount of ingredients only requires a slightly shorter preparation time.
- Shaking smaller ingredients halfway through the preparation time can help prevent unevenly fried ingredients.
- Add some oil to fresh potatoes for a crispy result. Fry your ingredients in the air fryer within a few minutes after you added the oil.
- Do not prepare extremely greasy ingredients such as sausages in the air fryer.
- Snacks that can be prepared in an oven can also be prepared in the air fryer
- The optimal amount for preparing crispy fries is 500 grams.
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also requires a shorter preparation time than homemade dough.
- Place a baking tin or oven dish in the air fryer basket if you want to bake a cake or quiche or if you want to fry fragile ingredients or filled ingredients
- You can also use the air fryer to reheat ingredients. To reheat ingredients, set the temperature to 150C for up to 10 minutes

	MIN-MAX AMOUNT (g)	TIME (min)	TEMPERATURE (°C)	SHAKE
FROZEN FRIES	100-400	20	200	SHAKE
FISH	100-400	18	200	
SHRIMP	100-400	20	180	
STEAK	100-400	20	180	
PORK CHOP	100-400	25	180	
PIZZA	100-400	20	200	
CAKE	100-400	30	160	
DRUMSTICKS	100-400	20	200	SHAKE
CHICKEN	1000-2000	35	200	
VEGETABLES	100-400	18	160	



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.
2. Wipe the outside of the appliance with a warm, moist cloth and mild detergent.
3. Clean the Outer Baskets and the Frying Plates with hot water, a mild detergent, and a nonabrasive sponge. Do not submerge the window and handle into water. Water may penetrate the window which may leave marks and become difficult to empty.
4. Clean the inside of the appliance with a damp 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.

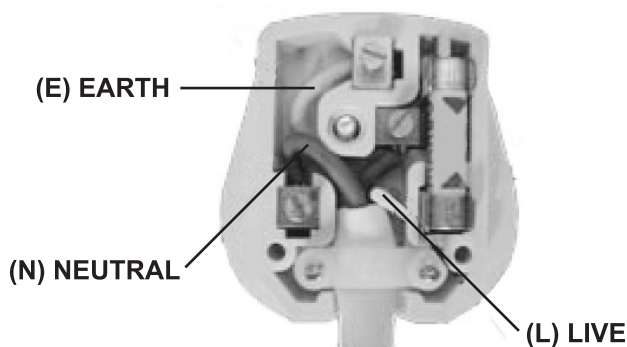
Do not wrap cord around appliance.

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

To find out more about Health Kick products, visit www.lloytron.com



Distributed in UK by Lloytron Ltd, Laltex House, Leigh, England WN7 3XH
Distributed in Europe by Laltex Ireland Ltd, Dublin 2, D02 AY86