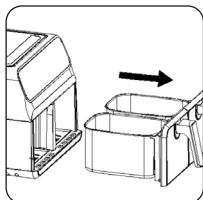


QUICK START GUIDE

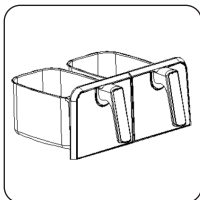
80% LESS OIL! RAPID HEATWAVE TECHNOLOGY!

■ QUICK START

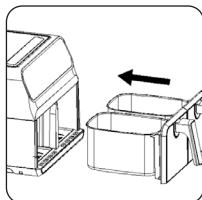
It is recommended that you preheat the air fryer for 3 minutes before cooking. Alternatively, add 3 minutes to cooking time if you haven't preheated the air fryer.



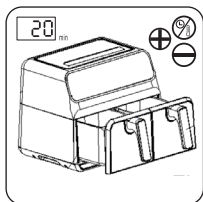
1 PULL the basket handle **CAREFULLY** to **REMOVE** the pan and basket from the main hub of the air fryer.



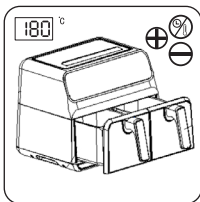
2 PLACE ingredients into the basket for cooking. **TAKE CARE** not to **OVERFILL** the basket or **EXCEED** the recommended amount as this could affect the cooking quality.



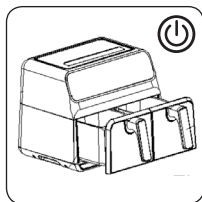
3 INSERT the pan and basket back into the main hub of the air fryer, **ENSURING** that the pan **CLICKS** into place **SECURELY**. Then Press **ON**.



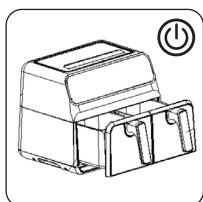
4 PRESS +/- on the temperature control to the required setting. Unless you are using a Preset Function.



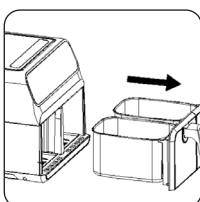
5 PRESS +/- on the time control to the required time setting. Unless you are using a Preset Function.



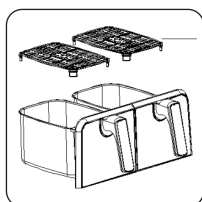
6 COOKING will commence when you press **ON** button.



7 Ding! Once the timer has finished, the air fryer will turn off **AUTOMATICALLY** to indicate the cooking has **COMPLETED**.



8 PULL the basket handle carefully to **REMOVE** the pan and basket from the main hub of the air fryer. Be **CAREFULL** of Hot Steam



9 PRESS the basket release button to **REMOVE** the basket from the pan and **SERVE**.

Note: If you feel the ingredients need to be cooked a little longer, simply repeat these steps, setting the timer to a few extra minutes.

■ PRESET BUTTON SELECTION

PRESET BUTTON COOKING CHART		
Preset Button	Temperature	Time
Frozen Chips	200°C	20 mins
Fish	200°C	18 mins
Shrimp	180°C	20 mins
Steak	180°C	20 mins
Pork Chop	180°C	25 mins
Pizza	200°C	20 mins
Cake	190°C	30 mins
Drumsticks	200°C	20 mins
Chicken	200°C	35 mins
Vegetables	160°C	18 mins

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	