

Healthy Choice
AF700

DIGITAL AIR FRYER

7 LITRE COOKING BASKET



Model No: AF700

Batch No: PR3753

Please read and retain these instructions for future reference.

Household use only

ABOUT THE PRODUCT:

It is a beautiful summer's day – the kids are running around the backyard, the sun is beaming down on their excited faces until you hear that all-too-familiar sound: 'Mum! Dad! I'm hungry!'. You imagine throwing some frozen goodies into a magical machine, crisping and cooking them in minutes, ready to eat right away.

It's time to stop dreaming.

Our state-of-the-art multifunctional air fryer uses advanced 'turbo air' technology, mimicking what oil does to food when frying. Simply add your ingredients into its family size 7 litre capacity and wait as the air fryer circulates, 'superheated' air up to 200 degrees Celsius for a maximum time of 60 minutes. Enjoy seven convenient pre-set cooking programs including chips, beef, chicken, steak, cake, prawn and fish.

This Family Size 7L Air Fryer is easy to control – simply set the timer, set the temperature and walk away. Eliminating the extra cooking oil allows the family to enjoy healthy meals. Let the air fryer be your chef for the evening and enjoy the healthy, tasty results.

IMPORTANT SAFEGUARDS:

When using electrical appliances, basic safety precautions should always be followed, including the following.

1. Read instructions carefully before use.
2. Remove and safely disregard any packaging material and labels before using this product for the first time. Ensure children and babies do not play with plastic bags or any packaging materials.
3. Do not touch hot surfaces.
4. Before use, check that your local voltage corresponds with the specifications shown on the appliance nameplate located under the appliance.
5. Do not turn on power until this appliance and parts are in place as required. Make sure the door is closed before plugging and switching on the power.
6. To protect against electric shock, do not immerse the cord, plug, or this appliance in water or other liquid.
7. Close supervision is necessary when any appliance is used near children.
8. Unplug from outlet when not in use and before cleaning. Allow the appliance to cool down (if relevant) before putting on or taking off parts, and before cleaning the air fryer.

9. Do not operate the any appliance with a damaged cord or plug or after the appliance or is dropped or damaged in any manner, take it to the store where the appliance was purchased or call Lenoxx customer service for further assistance on 1300 666 848.

10. Do not use the appliance for other than intended use. It is for household use only. It is not to be used out doors or for commercial purposes.

11. 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

12. The air fryer should be operated on a separate electrical power point from other operating appliances. If the power point is overloaded with other appliances, this air fryer may not work properly.

13. Extreme caution must be used when moving an air fryer containing hot food.

14. Do not place on or near a hot gas or electric burner, or in a heated oven. Also keep away from the flammable material such as curtains, draperies when it is working.

14. Leave enough open space from other subject when in use.

15. Do not let cord hang over the edge of table or counter or touch hot surface.

16. Do not leave the cord hanging.

17. Do not unplug the air fryer by pulling on the cord.

18. Do not cover the air fryer while in use.

19. This appliance is not designed to be used by people (including children) with a physical, sensory or mental impairment, or people without knowledge or experience, unless they are supervised or given prior instructions concerning the use of the appliance by someone responsible for their safety. Children must be supervised to ensure that they do not play with the air fryer.

SHORT CORD INSTRUCTIONS:

Do not use with an extension cord. A short power supply cord is provided to reduce the risks resulting from being entangled in or tripping over a long cord.

PREPARATION FOR USE:

Before using the air fryer for the first time:

Warning: when using for the first time, the air fryer may emit slight odour which is not harmful and will disappear after a few minutes. This is because a protective oil was applied to protect parts from possible friction in transport.

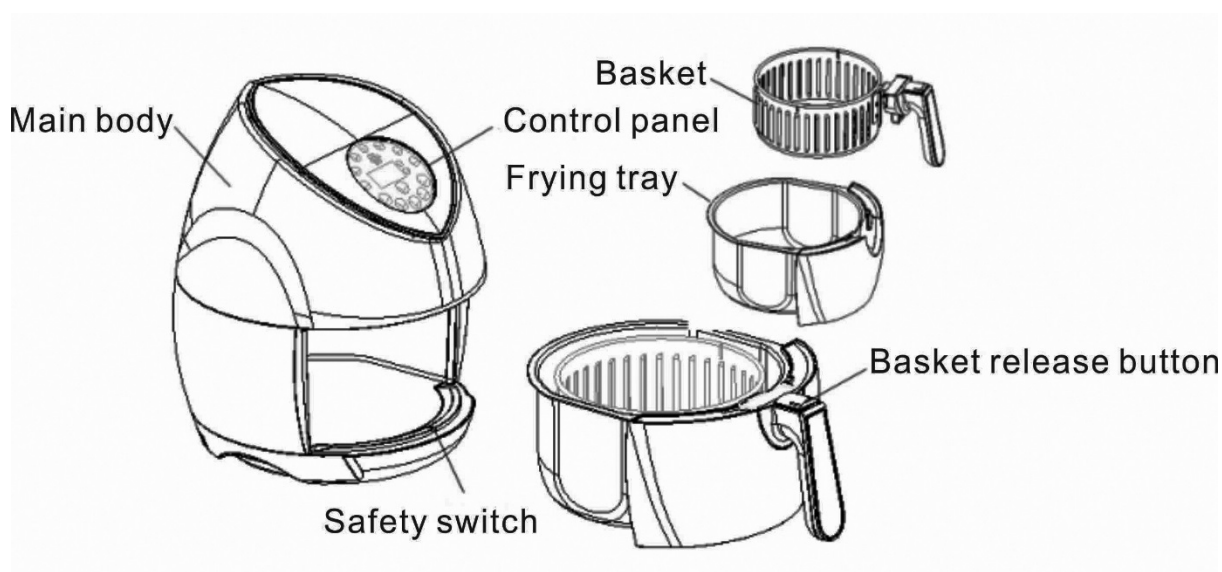
Carefully unpack the air fryer and remove all the packing materials. Select a flat, heat-resistant Non-flammable surface to place the air fryer.

Use sponge and soapy water to remove any dust on the surface that may happen during packing and transport. Allow it to dry before use.

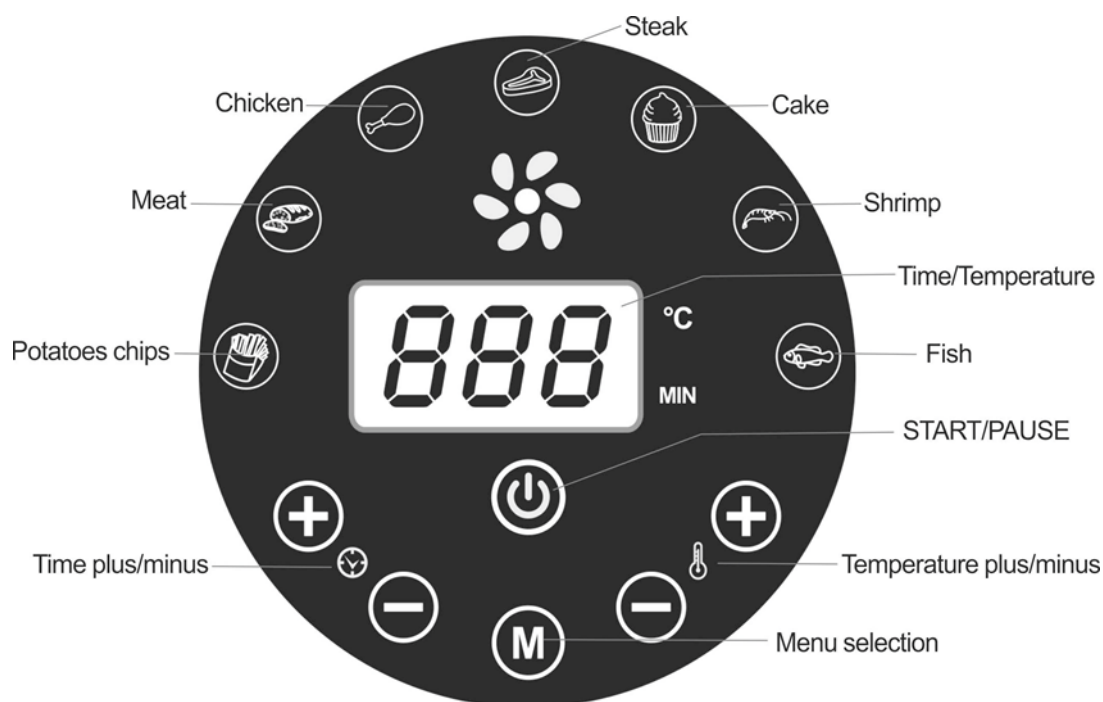
TECHNICAL SPECIFICATIONS:

| | |
|----------------------|-------------------|
| Voltage : | 220~240V |
| Power : | 1600 – 1800W |
| Frequency: | 50~60Hz |
| Temperature Range : | 50~200°C |
| Time setting Range : | 1~60 min |
| Capacity : | 7 L inner chamber |

CONSTRUCTION AND FEATURES:






CONTROL PANEL:










USING THE AIR FRYER:

PRODUCT OPERATING INSTRUCTIONS:

1. When the power is connected, the air fryer will make a beep sound. The digital screen will light up and will then go off. The air fryer will be in sleep mode. The START/PAUSE button  will remain illuminated.
2. Press the START/PAUSE button. The digital screen will light up and the air fryer will be in standby mode.
3. The default function  will be illuminated.
Press the MENU button  to choose a pre-set cooking function. Press the MENU button repeatedly to change between the 7 different options.
4. When your chosen selection is shown on the screen, press the START/PAUSE button on the screen for 4 seconds. The air fryer will start the cooking process.

Please see the table on the next page for a breakdown of preset cooking times and temperatures.

| | | Default time (min) | Default temperature (°C) |
|-----------------|--|--------------------|--------------------------|
| Function |  potato chips | 18 | 200°C |
| |  meat | 12 | 200°C |
| |  chicken | 20 | 200°C |
| |  steak | 12 | 180°C |
| |  cake | 25 | 160°C |
| |  shrimp | 8 | 180°C |
| |  fish | 10 | 180°C |

SETTING A COOKING TIME AND TEMPERATURE:

You can manually set your own cooking time and temperature on the air fryer, when the unit is on and the screen is illuminated.

To set a temperature:

Press the – and + positive buttons next to the temperature icon.

The temperature control range is 50-200 ° C.

With every touch of the + / - buttons, the temperature will increase or reduce by 10 ° C increments.

At 200 ° C , press the "+", will loop back to a temperature of 50 ° C,

Press the "-" at 50 ° C temperature will cycle back to 200 ° C.

To set a cooking time:

Press the – and + buttons next to the time icon.

The time range is 1 – 60 minutes.

With every touch of the + / - buttons, the time will increase or reduce by 1 minute increments.

At 60 min, press "+", the time will loop back to 01 min.

Press the "-" at 01 min , the temperature will loop back to 60 min.

When you have set your desired time and temperature, press the START/PAUSE button on the screen for 4 seconds. The air fryer will start the cooking process.

PAUSE FUNCTION:

To pause cooking, press the START/PAUSE button.
Press it again to resume cooking.

During operation, you can take the frying tray out to shake ingredients/check cooking progress/add more food.

Operation will resume when the tray is added back to the air fryer.

If power is cut or the air fryer is unplugged during operation, the air fryer will be off.
When power is resumed or the air fryer is plugged in again, operation will resume.

COOKING END:

When the air fryer reaches the end of its cooking time, 00 min will be shown on the screen and an audible timer alert will sound.

The fan will continue to operate for close to a minute until the internal central temperature drops.

The air fryer will then enter standby mode.

OPERATION:

1. Plug the mains plug in an earthed wall socket.
2. Carefully pull the frying tray out of the air fryer.
3. Put the ingredients in the basket.

Note: *Never fill the basket beyond the Max amount indicated in the table shown in the section 'Settings', as this could affect the quality of the end-result.*

4. Slide the frying tray back into the air fryer.

Never use the frying tray without the basket in it.

Caution: *Do not touch the tray or basket during and about 30mins after use, as it gets very hot.*

Only hold the tray or basket by the handle.

5. Use one of the pre-set cooking programs or set your own time and temperature.
6. Press the START/PAUSE button to begin cooking.

- The timer starts counting down the set preparation time.
- Excess oil from the ingredients is collected at the bottom of the frying tray.

7. Some ingredients require shaking halfway through the preparation time.
(See section 'Settings'). To shake the ingredients, pull the frying tray out of the

appliance by the handle and shake it. Then slide the frying tray back into the air fryer.

Caution: *Do not press the basket release button during shaking.*

Tip: To reduce the weight, you can remove the basket from the pan and shake the basket only. To do so, pull the pan out of the appliance, place it on a heat-resistant surface and press the basket release button.

8. When you hear the timer, the set cooking time has come to an end. Pull the frying tray out of the air fryer and place it on a heat resistant surface. Only hold the frying tray by the handle and do not touch it directly for about 30 minutes after use as it can be very hot.

9. Check if the ingredients are ready.

If they are not ready, slide the frying tray back into the air fryer and cook them for an extra few minutes.

10. To remove small ingredients, press the basket release button and lift the basket out of the frying tray.

Do not turn the basket upside down with the frying tray still attached to it, as any excess oil that has collected on the bottom of the frying tray will spill out and leak onto the ingredients.

After hot air frying, the frying tray and the ingredients are hot. Depending on the type of ingredients in the air fryer, steam may escape from the frying tray.

11. Empty the basket into a bowl or onto a plate.

Tip: *To remove large or fragile ingredients, use a pair of tongs (not included) to lift the ingredients out of the basket.*

12. When a batch of ingredients is ready, the air fryer is instantly ready for preparing another batch.

BASKET RELEASE BUTTON:

1. Slide the protective cap forwards so that it moved towards the basket.

2. Press the basket release button and hold it down while lifting the handle in an upwards motion to lift the basket out of the tray.

When you are ready to put the basket back into the tray, insert the basket into the tray.

When it is in position, slide the protective cap backwards towards the handle to lock it in place.

SETTINGS:

Manually setting a cooking time and temperature allows many different combinations.

The following table details a range of cooking times and temperatures for a variety of foods.

Note: *Keep in mind that these settings are only for reference. As ingredients differ in origin, size, shape as well as brand, we cannot guarantee the best setting for your ingredients.*

| | TIME (MIN) | TEMPERATURE (DEGREES CELSIUS) | SHAKE | EXTRA INFO |
|---------------------------------------|---------------|----------------------------------|-------|-------------------|
| POTATOES AND FRIES | | | | |
| Thin frozen fries | 12 - 16 | 200 | Shake | |
| Thick frozen fries | 12 - 20 | 200 | Shake | |
| Home made fries (8 x 8 mm) | 18 – 25 | 180 | Shake | Add ½ tbsp of oil |
| Home made potato wedges | 18 – 22 | 180 | Shake | Add ½ tbsp of oil |
| Home made potato cubes | 12 - 18 | 200 | Shake | Add ½ tbsp of oil |
| Rosti | 15 – 18 | 180 | | |
| Potato gratin | 10 - 22 | 180 | | |
| MEAT AND POULTRY | | | | |
| Steak | 8 – 12 | 180 | | |
| Pork chops | 10 – 14 | 180 | | |
| Hamburger | 7 – 14 | 180 | | |
| Sausage roll | 13 – 15 | 200 | | |
| Drumsticks | 18 – 22 | 180 | | |
| Chicken breast | 10 - 15 | 180 | | |
| SNACKS | | | | |
| Spring rolls | 8 - 10 | 200 | Shake | Use oven ready |
| Frozen chicken nuggets | 6 – 10 | 200 | Shake | Use oven ready |
| Frozen fish fingers | 6 – 10 | 200 | | Use oven ready |
| Frozen bread crumbed cheese snacks | 10 | 200 | | Use oven ready |
| Stuffed vegetables | 10 | 160 | | Use oven ready |

Note: Add 3 minutes to the preparation time before you start frying if the appliance is cold.

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 optimized the end result and can help prevent unevenly fried ingredients.
- You can coat fresh potatoes with a little oil for a crispy result. Fry your ingredients in the air fryer within a few minutes after you have 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 home-made dough.
- You can also use the air fryer to reheat ingredients by setting the temperature to 150°C and the timer to about 10 minutes.

MAKING HOME MADE FRIES:

For the best results, we advise to use pre-baked fries. If you want to make home-made fries, follow the steps below:

1. Peel the potatoes and cut them into sticks.
2. Soak the potato sticks in a bowl of water for at least 30 minutes, take them out and dry them with kitchen paper.
3. Pour 1/2 tablespoon of olive oil in a bowl, put the sticks on top and mix until the sticks are coated with oil.
4. Remove the sticks from the bowl with your fingers or a kitchen utensil so that excess oil stays behind in the bowl. Put the sticks in the basket.

Note: Do not tilt the bowl to put all the sticks in the basket in one go, to prevent excess oil from collecting at the bottom of the frying tray.

5. Fry the potato sticks according to the instructions in the settings page.

CLEANING:

Clean the appliance after every use.

The frying tray, basket and the inside of the appliance have a non-stick coating. Do not use metal kitchen utensils or abrasive cleaning materials to clean them, as this may damage the non-stick coating.

1. Remove the mains plug from the wall socket and let the appliance cool down.

Note: Remove the frying tray to let the air fryer cool down more quickly.

2. Wipe the outside of the appliance with a moist cloth.
3. Clean the frying tray and basket with hot water, some washing liquid soap and a non-abrasive sponge.

You can use a degreasing liquid to remove any remaining dirt.

Note: The frying tray and basket are dishwasher-proof.

Tip: If dirt is stuck to the basket, or at the bottom of the frying tray, fill the frying tray with hot water and with some washing liquid soap. Put the basket in the frying tray and let the frying tray and the basket soak for approximately 10 minutes.

1. Clean the inside of the appliance with hot water and a non-abrasive sponge.
2. Clean the heating element with a cleaning brush to remove any food residues.

STORING:

Allow the air fryer to cool completely before storing. Store the air fryer in a dry location. Do not place any heavy items on top of air fryer during storage as this may result in possible damage of air fryer.

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