



HEALTHYFRY 3.0 OPTIMUM AIR FRYER

Choose, tap, cook: your smart 12-in-1 healthy companion



USER MANUAL

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WELCOME TO YOUR OPTIMUM AIR FRYER

Congratulations on your new Optimum Air Fryer – the ultimate kitchen companion for easy, healthy cooking. Now you can enjoy your favorite foods with little to no added oil, creating healthier meals without sacrificing flavor or crispness.

Taste perfectly cooked foods thanks to the vibrant color touch screen display and automatic programs that let you air fry, bake, roast or broil, all at your fingertips. Choose from preset options for fries, steak, chicken, veggies, seafood and even frozen foods. For added versatility, the Air Fry DIY mode allows you to customize cooking times and temperatures to suit your tastes. The flipping reminder will make sure all your meals are cooked evenly, while the keep warm and reheat functions are great for busy households.

With built in WIFI connectivity, you can easily access a wide range of recipes, keeping your meals fresh and flavourful. You can even save all your favorite recipes, making them easy to whip up again.

Combining technology, convenience and healthy cooking, the Optimum Air Fryer makes every meal tastier and healthier. For your safety and to achieve the best results, please take a moment to read through this user manual.

SAFETY FIRST

Before using the Optimum Air Fryer, please read these instructions thoroughly. Be sure to keep the instructions, warranty, receipt, original box and packaging. If you pass this appliance on to someone else, remember to include this user manual and store these instructions for future reference.

1. The Optimum Air Fryer is designed exclusively for private domestic use and for the envisaged purpose. This appliance is not fit for commercial use.
2. Check if the voltage indicated on the Optimum Air Fryer corresponds to the local mains voltage before you connect the appliance.
3. Only connect the appliance to an earthed power socket. Always make sure that the power plug is inserted into the power socket properly.
4. Appliances can be dangerous if they are used incorrectly. Please ensure that anyone who uses the Optimum Air Fryer clearly understands how to operate it safely to avoid potential hazards.
5. The Optimum Air Fryer is not a toy. Do not allow children to use it and keep it and the cord that comes with it out of their reach.
6. Switch off the Optimum Air Fryer and disconnect it from any power supply when not in use.
7. When cleaning or putting it away, or if the Optimum Air Fryer is not being used, switch off the appliance and always pull out the plug from the socket and not the cable.
8. Do not operate the Optimum Air Fryer without supervision. If you should leave the workstation, always switch the Optimum Air Fryer off or remove the plug from the socket. Pull the plug itself, not the cord.
9. Check the Optimum Air Fryer and the cord for damage on a regular basis. Do not use the appliance if it is damaged. Do not try to repair the appliance on your own. Always contact an authorised technician. If the cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
10. Any damage to components – including the air fryer, housing, touch display, air fryer pan, basket, basket handle – can make your appliance less safe to use. Regularly check all components for damage or cracks and if you find something wrong, stop using the appliance and contact after sales support.
11. Parts and accessories, other than those supplied with the Optimum Air Fryer, should not be used when operating the appliance. Misuse may damage the appliance and void the warranty.
12. Do not use the Optimum Air Fryer outdoors.
13. Keep the Optimum Air Fryer away from sources of heat, direct sunlight, humidity and sharp edges.
14. Do not use the Optimum Air Fryer with wet hands or bare feet, as it contains electrical components and heating elements. Never dip the housing into any liquid or water. If the appliance is humid or wet, unplug it immediately to avoid electrical shock.
15. Do not place the appliance on or near combustible materials such as a tablecloth or curtain.
16. Do not cover the air inlet and air outlet openings while the appliance is in use to avoid the risk of fire.
17. Always put the Optimum Air Fryer on a heat resistant, flat, dry and clean surface.
18. Thoroughly clean the parts that will come into contact with food before you use the Optimum Air Fryer for the first time.
19. For the first use, be sure to bake at 200°C for 30 minutes to remove the new smell odor. White smoke or odor coming from the air outlet is not a fault. It is caused by the heating of components and the protective oil in the inner cavity.
20. Do not let the cord hang over the edge of a table or counter, or touch hot surfaces.

SAFETY FIRST

21. Don't use the basket or any attachment and the Optimum Air Fryer if it has been damaged. You should contact after sales support.
22. Dropping your Optimum Air Fryer or allowing it to fall can seriously damage it. Place it on a stable, flat, heat resistant surface like a bench or table, and ensure that it is at a safe distance from the edge to avoid falling.
23. Always place ingredients to be cooked in the basket to prevent them from coming into contact with the heating elements.
24. Do not fill the drawer with oil as this may cause a fire hazard.
25. The basket must be completely inserted into the air fryer before use. Before starting, make sure the basket is in position.
26. Be aware that when you use the Optimum Air Fryer it will heat up. Do not touch hot surfaces and leave it operating unsupervised.
27. Beware of accessible surfaces becoming hot during use.
28. During cooking and hot air frying, hot steam is released through the air outlet openings. Keep your hands and face at a safe distance from the steam and from the appliance.
29. Immediately unplug the appliance if you see dark smoke emitting from it. Wait for the smoke to stop before you remove the basket from the air fryer.
30. The air fryer pan can become hot when used in the air fryer. Always use oven gloves when handling the air fryer pan.
31. If your Optimum Air Fryer stops unexpectedly or appears to malfunction, switch off the power supply, unplug it from power and stop using it immediately. Seek professional advice from the manufacturer, its service agent or a similarly qualified person to identify the fault and make any repairs.
32. In order to ensure your children's safety, please keep all packaging, plastic bags, boxes, polystyrene out of their reach. **CAUTION:** Do not allow small children to play with the plastic as there is a danger of suffocation.
33. When using the air fryer pan or basket, the Optimum Air Fryer can be used by children aged 8 years and above if they have been given supervision or instruction concerning the use of the appliance in a safe way and if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged 8 years and above and are supervised. Keep the appliance and its cord out of reach of children aged less than 8 years.
34. The Optimum Air Fryer can be used by personal with reduced physical, sensory or mental capabilities or with a lack of experience and knowledge if they have been given supervision or instruction concerning the use of the appliance in a safe way and if they understand the hazards involved.
35. Do not interfere with any safety micro switches.
36. Do not insert anything into the housing while the Optimum Air Fryer is working.
37. Do not operate the Optimum Air Fryer unattended or near edge of work surface.
38. Do not place hands, fingers or utensils in the housing of the Optimum Air Fryer unless the appliance is unplugged from power, the motor has come to a complete stop and it has cooled.
39. To avoid personal injury never use hands or fingers to move ingredients in the basket as the contents will be hot.
40. The use of attachments not recommended by Optimum may cause fire, electrical shock or injury.
41. Do not use an extension cord.
42. When using the Optimum Air Fryer, never operate the machine continually for more than 60 minutes.
43. Be careful when lifting the Optimum Air Fryer as it is heavy.
44. Use the Optimum Air Fryer only for its intended function.

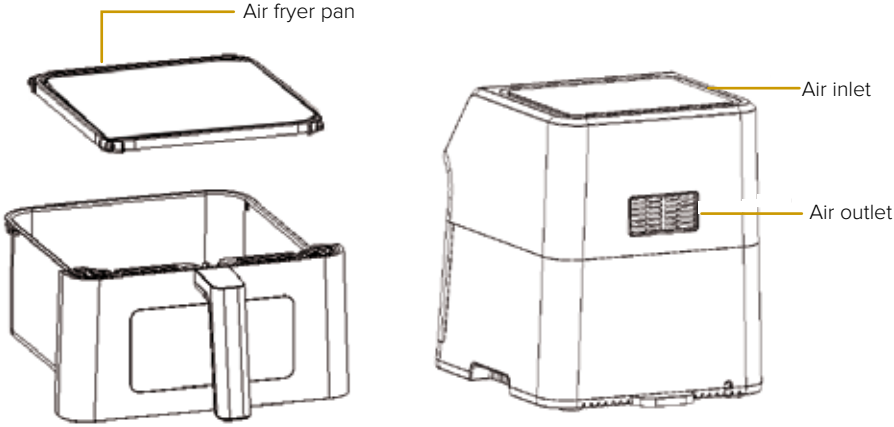
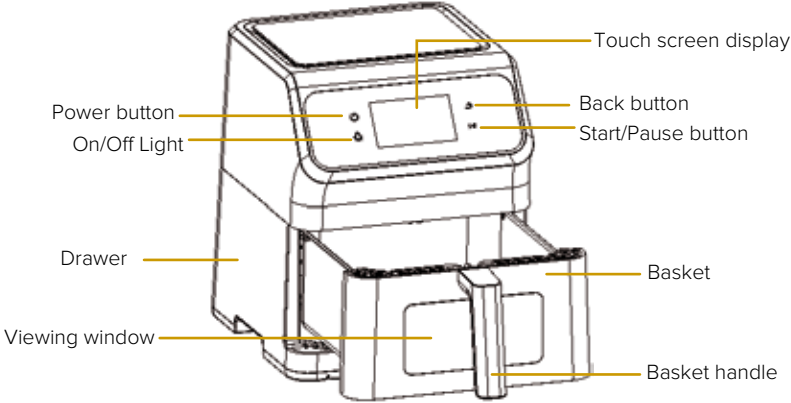
SAFETY FIRST

45. Use a soft, wet sponge to wipe the inside of the Optimum Air Fryer and dry thoroughly before each use.
46. Keep enough spare space around the Optimum Air Fryer, do not store any object on the top of the air fryer, keep objects at least 30 cm distance away from the Optimum Air Fryer.
47. If the Optimum Air Fryer does not work properly, unplug it immediately and contact after sales support.
48. If flipping or dislodging food during or after cooking, food will be at high temperatures. Use insulated gloves or clamps to avoid burns.
49. After cooking, the air fryer surfaces, basket and interior walls will be hot. Be sure to allow it cool completely before cleaning to avoid burns.
50. The Optimum Air Fryer emits a slight rhythmic sound while working. This is from the temperature control unit when it is in normal operation.
51. Do not move the air fryer while in use.
52. When the basket is pulled out during cooking, the heating element of the appliance shuts off automatically and the fan will stop running. Never touch the interior of the appliance right after use as the appliance is still extremely hot. When the basket is reinserted, cooking can be resumed.

ELECTRICAL REQUIREMENTS: YOUR OPTIMUM AIR FRYER OPERATES ON A REGULAR 220-240 VOLT A.C., 50 HERTZ HOUSE CURRENT. THE WATTAGE RATING IS DETERMINED BY USING THE ATTACHMENT THAT DRAWS THE GREATEST POWER. OTHER RECOMMENDED ATTACHMENTS MAY DRAW SIGNIFICANTLY LESS POWER.

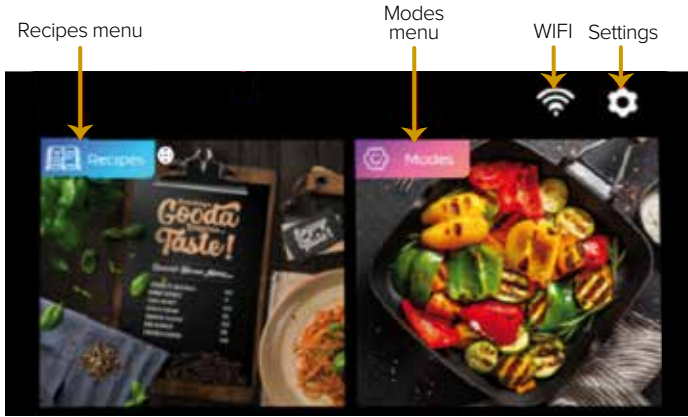
IMPORTANT: FAILURE TO FOLLOW THESE SAFETY INSTRUCTIONS AND WARNING COULD RESULT IN SERIOUS INJURY. MISUSING YOUR OPTIMUM AIR FRYER MAY CAUSE DAMAGE AND VOID YOUR WARRANTY.

GETTING TO KNOW YOUR OPTIMUM AIR FRYER

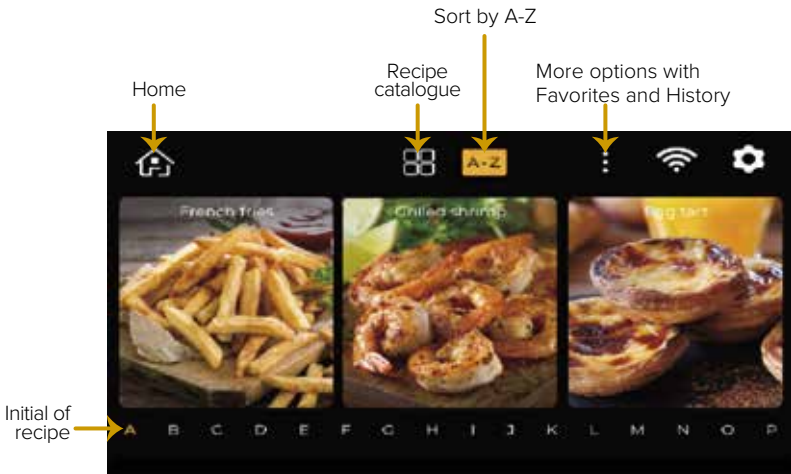


GETTING TO KNOW YOUR OPTIMUM AIR FRYER

HOME SCREEN

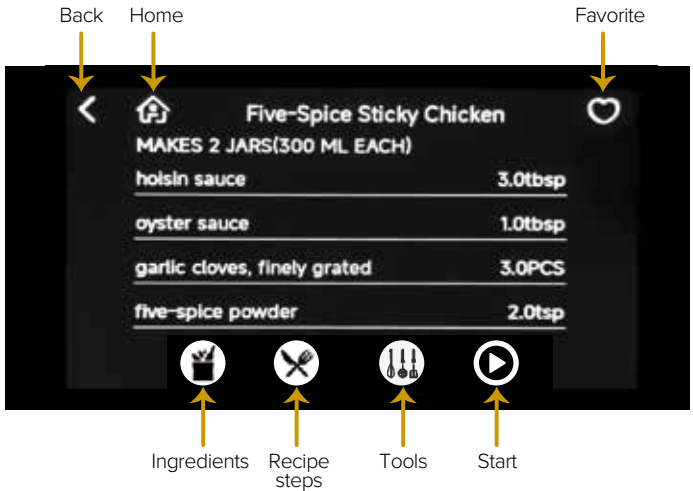


RECIPES MENU

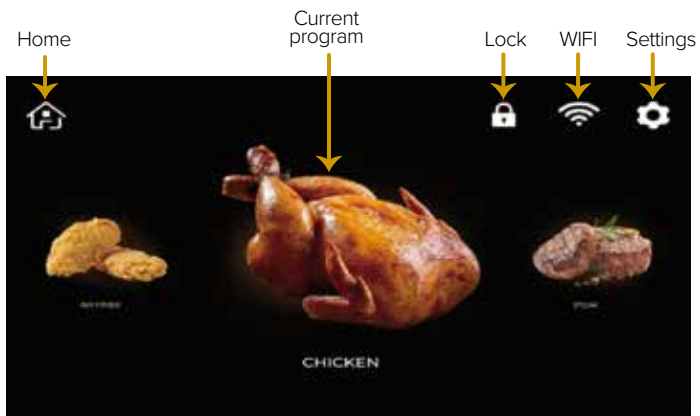


GETTING TO KNOW YOUR OPTIMUM AIR FRYER

RECIPE VIEW



MODE MENU



GETTING TO KNOW YOUR OPTIMUM AIR FRYER

OPERATING VIEW



ADDITIONAL ICONS

Time over	Flipping Reminder	Ingredients	Recipe steps	Tools

BEFORE FIRST USE

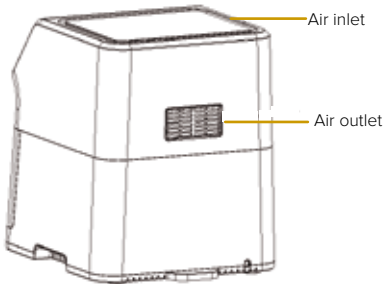
- ▶ Remove all packaging materials, stickers and labels from the Optimum Air Fryer.
- ▶ Clean all parts to get rid of any dust or residue.
- ▶ Wash the basket and air fryer pan thoroughly by hand with hot water and detergent, using a non-abrasive sponge.
- ▶ Do not submerge the housing in water.
- ▶ Wipe both the interior and exterior of the appliance with a damp cloth.
- ▶ Place the Optimum Air Fryer on a flat, heat resistance surface, that is well ventilated, away from heating sources and where it won't come in contact with water.
- ▶ Make sure the basket is fully inserted into the drawer.
- ▶ Run the Optimum Air Fryer at 200°C for 30 minutes before the first use to remove any new appliance odor.
- ▶ If you notice white smoke or an odor coming from the air outlet, do not worry, this is normal and caused by the heating of internal components and protective oils in the inner cavity.

PLEASE NOTE: When the air frying cycle ends, the fan will continue running for an additional 60 seconds to cool down the appliance and halt the cooking process. This feature helps prevent overcooking, ensuring your food is perfectly done.

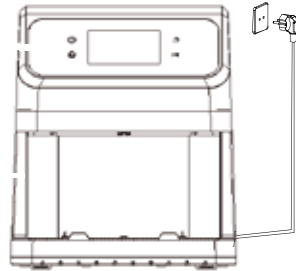
HOW TO USE YOUR OPTIMUM AIR FRYER

- 1.** Clean all parts with warm water and detergent, wipe the basket interior with a soft cloth, and make sure everything is thoroughly dried before use.

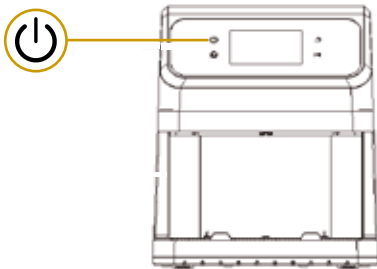
- 2.** Before using, make sure the air inlet and air outlet are clear and free from any obstructions.



- 3.** Plug the power cord into an earthed power socket. The red power icon will appear, indicating the air fryer is in standby mode.



- 4.** Tap the power icon to turn on the air fryer.

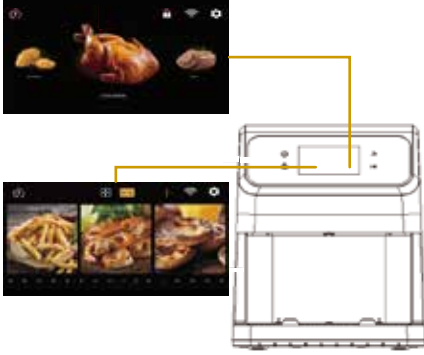


- 5.** On the home screen, choose "Recipes" to browse the recipe menu or "Modes" to explore cooking modes.

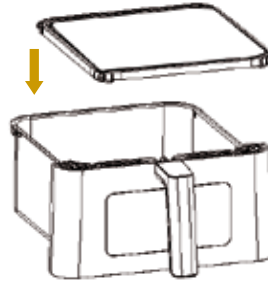


HOW TO USE YOUR OPTIMUM AIR FRYER

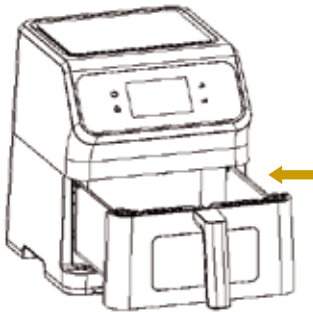
- 6.** If using the recipes menu, pick a recipe and follow the steps. If using one of the cooking modes, select the mode and adjust time and temperature if necessary.



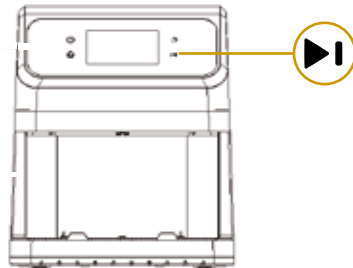
- 7.** Place the air fryer pan into the basket, then add your food to the basket.



- 8.** Slide the basket with the air fryer pan and food into the air fryer drawer.

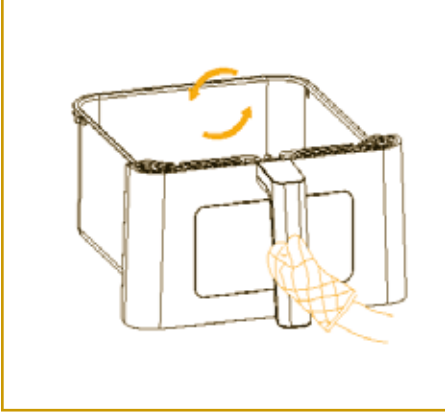


- 9.** Press the start/pause icon to begin cooking.

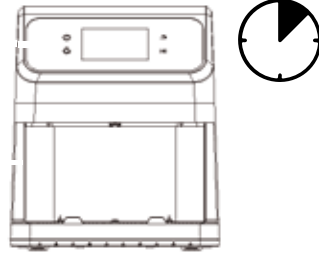


HOW TO USE YOUR OPTIMUM AIR FRYER

- 10.** When the flipping reminder sounds or it's halfway through cooking, remove the basket and flip the food for even cooking. Then reinsert the basket into the air fryer drawer and resume cooking.

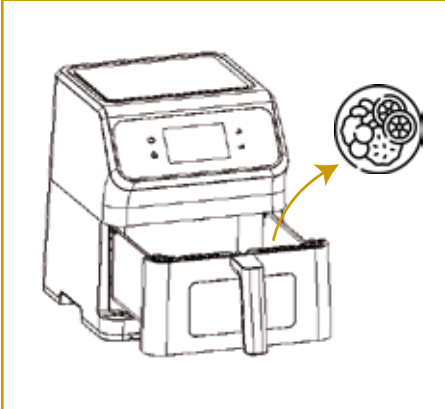


- 11.** After the cooking time ends, let the food cool for 5 minutes before removing it.

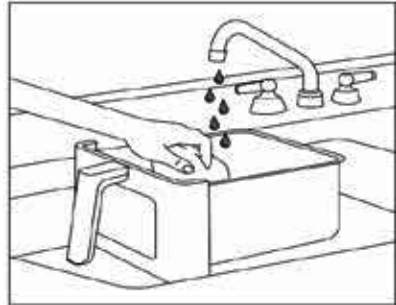


PLEASE NOTE: When the air frying cycle ends, the fan will continue running for an additional 60 seconds to cool down the appliance and halt the cooking process. This feature helps prevent overcooking, ensuring your food is perfectly done.

- 12.** Carefully remove the food, serve and enjoy.



- 13.** After use, clean the empty basket and air fryer pan to prevent odors during the next use.



IMPORTANT: Do not store any items on top of the air fryer as this can disrupt heat dissipation and create a safety hazard. Do not pour oil or any liquid directly into the basket and do not immerse the housing in water or other liquids.

WARNING: Do not touch hot surfaces during operation to prevent burns.

COOKING MODE GUIDE

The table below lists recommended cooking times, temperatures for various foods using automatic cooking modes. Times and temperatures can be adjusted based on portion sizes to achieve the best results.

Cooking mode	Temperature	Time	Flip reminder
Air Fry (DIY)	180°C	15 minutes	Yes
Bake	150°C	35 minutes	Yes
Roast	200°C	10 minutes	Yes
Broil	200°C	10 minutes	Yes
Keep warm	60°C	5 minutes	No
Reheat	200°C	5 minutes	No
Frozen	200°C	12 minutes	Yes
Veggies	160°C	8 minutes	Yes
Fries	190°C	25 minutes	Yes
Seafood	180°C	8 minutes	No
Steak	200°C	6 minutes	Yes
Chicken	190°C	25 minutes	Yes

Some cooking modes include a flipping reminder halfway through the cooking process and it's recommended to flip food at this point for even cooking. For ingredients that aren't part of the cooking modes, you can set your own times and temperatures using the Air Fry (DIY) mode. The Frozen mode is designed specifically for cooking frozen ingredients.

TEMPERATURE AND TIME GUIDE

The table below outlines the ideal cooking temperatures and times for a range of ingredients across different cooking modes. Cooking times can be adjusted based on the weight of your ingredients.

Temperature and time guide					
Mode	Ingredient	Temperature	Time	Weight	Flip reminder
Bake	Cakes	150°C	35-40 minutes	500 grams	No
	Biscuits	170°C	12-15 minutes	400 grams	No
	Bread	140°C	14-16 minutes	500 grams	No
Roast	Pork chop with bone in	200°C	16-18 minutes	250 grams	Yes
	Hamburger	200°C	10-15 minutes	200 grams	No
	Mutton chop	200°C	20-30 minutes	500 grams	Yes
Broil	Sausage	200°C	8-12 minutes	300 grams	Yes
	Fish	180°C	8-12 minutes	300 grams	Yes
	Egg start	190°C	8-12 minutes	350 grams	No
Frozen	Frozen shrimp	190°C	6-10 minutes	500 grams	Yes
	French fries	190°C	15-20 minutes	500 grams	Yes
	Chicken nuggets	190°C	8-12 minutes	250 grams	Yes
	Pizza rolls	190°C	15-18 minutes	250 grams	Yes
Veggies	Eggplant cubed	200°C	8-15 minutes	250 grams	No
	Mushrooms	200°C	8-15 minutes	400 grams	Yes
	Corn	200°C	10-15 minutes	500 grams	No
	Red bell peppers	200°C	25-30 minutes	200 grams	Yes
Fries	French fries, fresh, thin cut	195°C	20-25 minutes	350 grams	Yes
	French fries, fresh, thick cut	195°C	25-30 minutes	350 grams	Yes
	Whole sweet potato	195°C	40-45 minutes	500 grams	Yes
Seafood	Scallops	200°C	5-8 minutes	500 grams	No
	Shrimp	190°C	6-8 minutes	500 grams	Yes
Steak	Steak	200°C	7-9 minutes 8-10 minutes 9-12 minutes	500 grams	Medium rare Medium Well done
Chicken	Chicken wings	195°C	15-20 minutes	500 grams	Yes
	Chicken legs	195°C	25-30 minutes	500 grams	Yes

CLEANING

To keep your Optimum Air Fryer in excellent condition, make sure to clean it after every use. Remove all oil and fat from the bottom of the basket to keep it running smoothly.

1. Unplug the power plug from the power socket and let the air fryer cool down. You can remove the drawer to speed up the cooling process.
2. Pour out any fat or oil from the bottom of the basket and the air fryer pan.
3. Use a damp cloth to wipe the exterior of the air fryer.
4. Clean the basket and air dryer pan with hot water, detergent and a nonabrasive sponge. For stubborn stains, degreasing liquid can be used.
5. Wipe the interior of the air fryer with a damp cloth.
6. Gently brush the heating element with a soft cleaning brush to remove any food residue.

IMPORTANT: The basket and air fryer pan has a nonstick coating. Do not use metallic utensils like steel brushes or abrasive cleaning materials as they can damage the nonstick surface.

DEEP CLEAN: If residue is stuck to the air fryer pan or bottom of the basket, fill the basket with hot water and detergent. Place it back in the drawer and let it soak for 10 minutes. Then empty, wash, rinse and dry.

DISHWASHER: Both the basket and air fryer pan can be put in the dishwasher. Place them on the top rack of your dishwasher for the best clean.

TROUBLESHOOTING

Refer to the table below for common issues and instructions to resolve them. If you're unable to fix the problem or identify the cause, contact after sales support. For your safety, do not attempt to disassemble or repair the appliance on your own.

Problem	Potential cause	Solution
Air fryer won't turn on or start.	The appliance is not plugged in.	Plug power cord to a power outlet.
		Check the circuit breaker in your home.
		If none of the above resolve the issue, contact after sales support.
	The timer has not been set.	Select the Air Fryer DIY program, set the desired cooking time and temperature, then press start/pause.
Unable to start program.	Microswitch is not engaged.	Make sure the basket is securely inserted into the air fryer drawer.
Ingredients are not fully cooked.	The basket is overloaded with ingredients.	Add a smaller quantity of ingredients to the basket for more even frying.
	The chosen temperature is too low.	Slowly raise the temperature level, see the temperature and time guide.
	The cooking time is too short.	Slowly extend the cooking time, see the temperature and time guide.
Ingredients are frying unevenly.	Some ingredients should be flipped halfway through the cooking time.	Ingredients that overlap, like fries, need to be flipped halfway through the cooking time.
Ingredients aren't crispy after frying.	You used a food that is intended for traditional deep frying.	Opt for oven foods or lightly brush the foods with oil for a crisper finish.
White smoke is coming from the air fryer.	Greasy ingredients have been used.	Frying greasy ingredients in the air fryer can cause excess oil to leak into the basket, producing white smoke and making it hotter than usual. This is normal and won't affect the appliance or the final results.

TROUBLESHOOTING

Problem	Potential cause	Solution
White smoke is coming from the air fryer	The basket has leftover grease from previous use.	White smoke is produced when grease heats up in the basket.
		Be sure to clean the basket thoroughly after each use.
Dark smoke is coming from the air fryer.	Burnt food or an electrical issue.	Unplug the air fryer and remove the basket to check the food. If it's not burnt, contact after sales support.
Homemade fries are cooked unevenly.	You didn't soak the potato long enough before frying.	Soak the potato in a bowl of water for at least 30 minutes, then drain and dry with paper towels before frying.
	You used the wrong type of potatoes.	Use fresh potatoes that are firm before frying.
Homemade fries are not crispy after cooking.	The crispiness of the fries depends on their oil and water content.	Make sure the potatoes are completely dry before adding the oil.
		Slice the potatoes into smaller pieces for a crisper result.
		Drizzle in a little extra oil for a crisper finish.
Air fryer has a plastic smell when operating at high temperatures.	Due to the manufacturing process.	Follow the pre-use instructions to eliminate the plastic smell. If it persists, contact after sales support.
Display is showing E-1 error.	Temperature sensor problem.	Contact after sales support.
Display is showing E-2 error.	Printed circuit board problem.	Contact after sales support.
Display is showing E-3 error.	Air fryer has become too hot.	Turn off the air fryer and let it cool for 30 minutes before using it again.
Display is showing E-4 error.	Basket is not properly secured in the air fryer.	Make sure the basket is completely inserted into the air fryer.

TECHNICAL SPECIFICATIONS

Product Name:	HealthyFry 3.0 Optimum Air Fryer
Model:	AF6500
Power:	1800W
Voltage:	220-240V
Frequency:	50-60Hz
Capacity:	6.5 Litres
Product weight:	5 kg
Dimensions:	30 x 39 x 34.9 cm



Disposal:

Do not dispose of this device with normal household waste. When it reaches the end of its service life, it must be taken to a designated collection point for recycling electrical and electronic equipment. The materials in this product are recyclable as indicated by their labels. By properly recycling or repurposing this device, you help protect the environment. Contact your local municipal to find out where the nearest disposal facility is located.

WARRANTY TERMS & CONDITIONS

The warranty outlined below only covers distributors of the Optimum range of appliances. Please contact your distributor for a full product warranty.

Effective as of 1st January 2014

1. Optimum® (“we”) warrants this appliance to be free from defects in materials and workmanship. As long as you use it according to this instruction book, Optimum® warrants that it will perform satisfactorily in household use for a period of 1 year.
2. Any warranties beyond this standard period are offered as extended terms by the selling distributor. This means you can only claim them through that provider.
3. We will repair, replace your appliance if any defects occur under normal use and care within this manufactures warranty period at our discretion and only if the selling distributor cannot do so. This is done solely at our option with no charge for parts. This warranty does not extend to any accessories whether included or purchased separately. If your distributor determines that your appliance has a major fault, they may offer a replacement at their own discretion.
4. If your appliance needs repair while it is under warranty and your distributor cannot provide the repairs, you are responsible for the cost of returning it to us (or an approved service provider), and also for the cost returning it back to you.
5. Whilst your appliance is in transit, you assume all risk for it. The warranty does not cover any further damage during transportation.
6. You must ensure that you properly package your appliance when you return it to avoid any damage to it during transit.
7. To enable us to process your warranty claim, ensure you include an explanation of any problem. We will not look for faults for you and will only repair described faults as covered under warranty.
8. This full warranty is void if your appliance has been subjected to abuse, negligence, accident, alteration, failure to follow operating instructions, or exposed to abnormal or extreme conditions.
9. Cosmetic changes that do not affect performance will not be consider defects or fall under this warranty. These changes include discoloration of any parts of your appliance, or the effects of using abrasive cleaners. The warranty does not cover cleaning or removing any food products from your appliance, or repairing any damage caused by allowing them to build up.
10. This warranty does not cover normal wear and tear on your appliance or its parts.
11. This warranty does not cover any defect caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorized medication, loss of parts, tampering or attempted repair by anyone we have not authorized to make repairs.
12. The warranty will not apply if the damage, malfunction of failure results from alterations, accident, misuse, abuse, fire, liquid spillage, maladjustment of customer controls, use on an incorrect voltage, power surges and dips thunderstorm activity, acts of God, voltage supply problems, tampering or unauthorized repairs by any persons, use of defective or incompatible, exposure to abnormally corrosive conditions or entry by any insect, vermin or foreign object in the product.
13. The warranty does not cover damage from using your appliance with an alternate power source (e.g. solar, inverter, generator, etc). We do not recommend using these devices to power your appliance.
14. You must keep your purchase docket and receipt as both proof of purchase, and proof of the date on which you made the purchase. You will need to present your purchase docket or receipt when making a claim under this warranty.
15. If you do not present your receipt of purchase, this warranty is invalid. Consumer Law allows us to request reasonable proof of purchase to service a warranty claim.
16. This warranty does not imply, intend to or detract from any consumer rights listed in, and able to be enforced from, Regulated Consumer Law. If any condition is found to be breach of the Consumer Law, only that single condition shall be void, and all other conditions will remain in place.

CONTACT US

Please contact the distributor located in the country where you made your original purchase for all support, servicing and warranty.

Your distributor is:



Call to speak to one of our customer service representatives during business hours.

Australia 1300 309 900

New Zealand 0800 741 369

24/7 After Hours Support, Appliances Faults, Repairs And Warranty.

Australia and New Zealand

<https://froothie.com.au/pages/customer-care>
support@froothie.com.au, support@froothie.co.nz

**TO FIND OUT MORE, VISIT FROOTHIE INTERNATIONAL
AND SELECT YOUR COUNTRY.**

www.froothieinternational.com

