

POWERED BY *Optimum*

HealthyFry 2.0

AIR FRYER



USER'S MANUAL

CONTENTS

WELCOME TO YOUR NEW KITCHEN ASSISTANT	1
SAFETY FIRST	2
GETTING TO KNOW YOUR HEALTHYFRY 2.0 AIR FRYER	4
CONTROL PANEL DESCRIPTION	5
PREPARING YOUR HEALTHYFRY 2.0 AIR FRYER FOR USE	6
USING YOUR HEALTHYFRY 2.0 AIR FRYER	7
BASIC SETTINGS AND INGREDIENT PREPARATION	9
CLEANING AND MAINTENANCE	11
SPECIFICATIONS	11
HELP! SOMETHING'S GONE WRONG	12
WARRANTY TERMS AND CONDITIONS	14
CONTACT US	15

WELCOME TO YOUR NEW KITCHEN ASSISTANT

Congratulations on your purchase of the professional-quality HealthyFry 2.0 Air Fryer. Your new HealthyFry 2.0 Air Fryer is suitable for a range of cooking methods, allowing you to grill, roast or bake your favourite ingredients and snacks in a healthier way. You can now double up your HealthyFry as an oven to bake delicate cakes and quiches, or indulge in comfort foods such as fries and fritters without the guilt.

The HealthyFry 2.0 Air Fryer offers the ability to cook with no oil, featuring hot air circulation (Rapid Air), enabling you to prepare a variety of tasty dishes in a healthy, fast and easy way. Ingredients are heated evenly from all sides of the appliance, allowing you to prepare fried food with no oil, while still maintaining the delicious taste and texture of conventional fried foods.

Quick and easy-to-use, the HealthyFry 2.0 Air Fryer allows you to easily customise and control the time and temperature to suit your cooking needs. Simply select a function and set a time on its user-friendly touch digital display and walk away. Your ingredients will be cooked quickly and evenly. Now you can enjoy your favourite dishes with a peace of mind at the mere touch of a button.

**TO ENSURE YOUR SAFETY AND TO GET THE BEST
PERFORMANCE FROM YOUR HEALTHYFRY 2.0 AIR FRYER, PLEASE READ
THESE INSTRUCTIONS CAREFULLY.**

**FAILURE TO FOLLOW SAFETY INSTRUCTIONS AND WARNINGS COULD
RESULT IN SERIOUS INJURY. MISUSE OF YOUR AIR FRYER MAY DAMAGE
YOUR APPLIANCE AND VOID YOUR WARRANTY.**

SAFETY FIRST

READ THIS USER MANUAL CAREFULLY BEFORE YOU USE THE APPLIANCE
AND KEEP THE MANUAL FOR FUTURE REFERENCE.



DANGER

1. Never immerse the entire appliance, which contains electrical components and heating elements, in water nor rinse it under the tap.
2. Do not allow any water or other liquids to enter the appliance to prevent electrical shock.
3. Always place the ingredients to be fried in the basket to prevent them from coming into contact with the heating elements.
4. Do not cover the air inlet and air outlet openings while the appliance is in use.
5. Do not fill the drawer with oil as this may cause a fire hazard.



WARNING

1. Check if the voltage indicated on the appliance corresponds to the local mains voltage before you connect the appliance.
2. Do not use the appliance if the power plug, the power cord or the appliance itself is damaged.
3. If the power cord is damaged, please contact your distributor in order to avoid a hazard.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
5. Keep the appliance and its power cord out of the reach of children.
6. Keep the power cord away from hot surfaces.
7. Do not plug in the appliance or operate the control panel with wet hands.
8. Only connect the appliance to an earthed power socket. Always make sure that the power plug is inserted into the power socket properly.
9. This appliance is not intended to be operated by means of an external timer or a separate remote control system.
10. Do not place the appliance on or near combustible materials such as a tablecloth or curtain.
11. Do not place the appliance against a wall or against other appliances. Leave at least a 15cm radius clearance space around the appliance. Do not place anything on top of the appliance.
12. Do not use the appliance for any other purpose other than as described in this manual.
13. Do not leave the appliance unattended while in use.
14. During 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.
15. Beware of accessible surfaces becoming hot during use.
16. Immediately unplug the appliance if you see dark smoke emitting from the appliance. Wait for the smoke emission to stop before you remove the basket and drawer from the appliance.
17. The baking tray can become hot when used in the air fryer. Always use oven gloves when handling the baking tray.

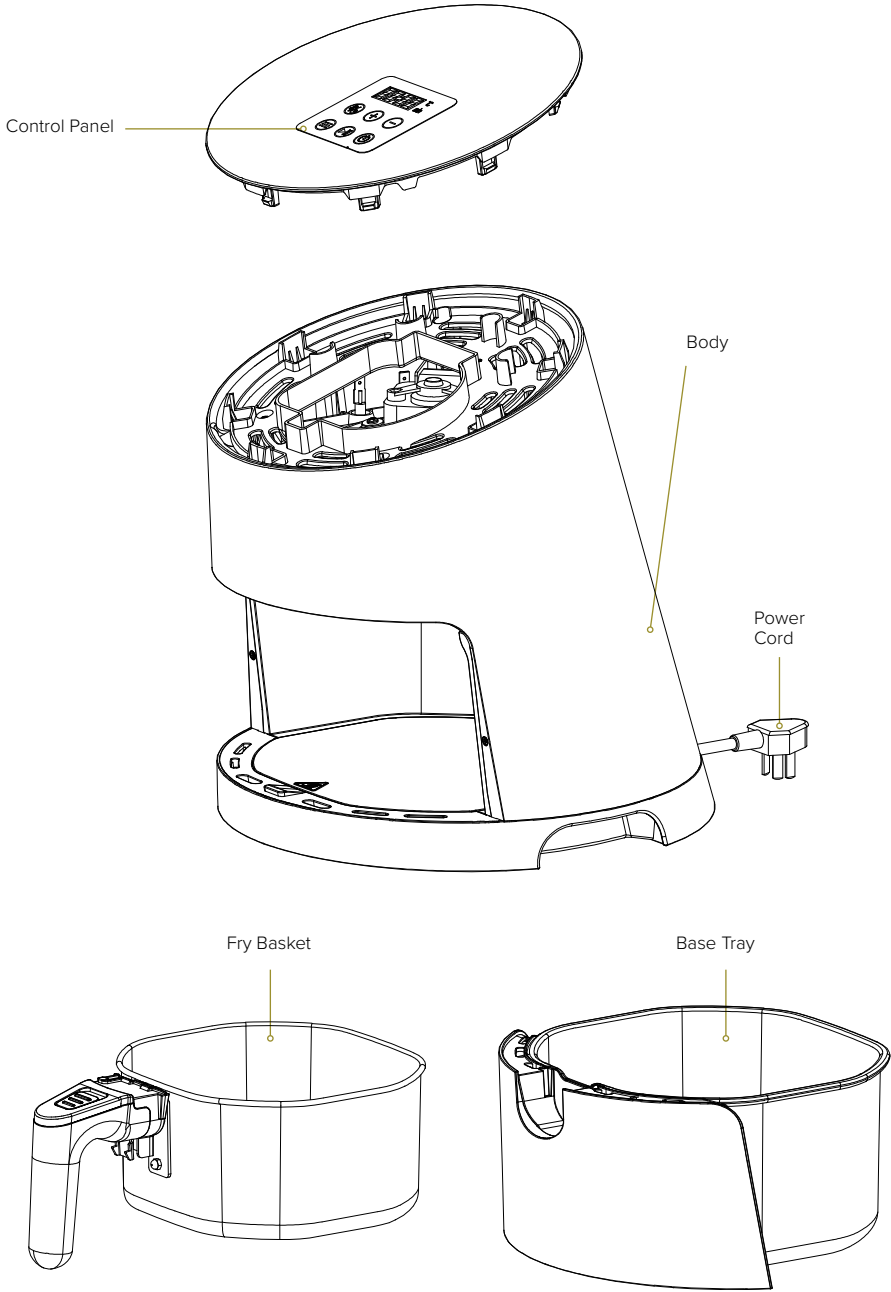
ATTENTION

1. When the drawer is pulled out during cooking, the heating element of the appliance shuts off automatically (the fans will remain running). Never touch the interior of the appliance right after use as the appliance is still extremely hot. The appliance will continue to cook when the drawer is reinserted.
2. If the interior temperature is higher than 80°C after use, the fans will continue running until the interior temperature cools down to 80°C after use.
3. To switch off the appliance manually, please press the Power on/off button.

CAUTION

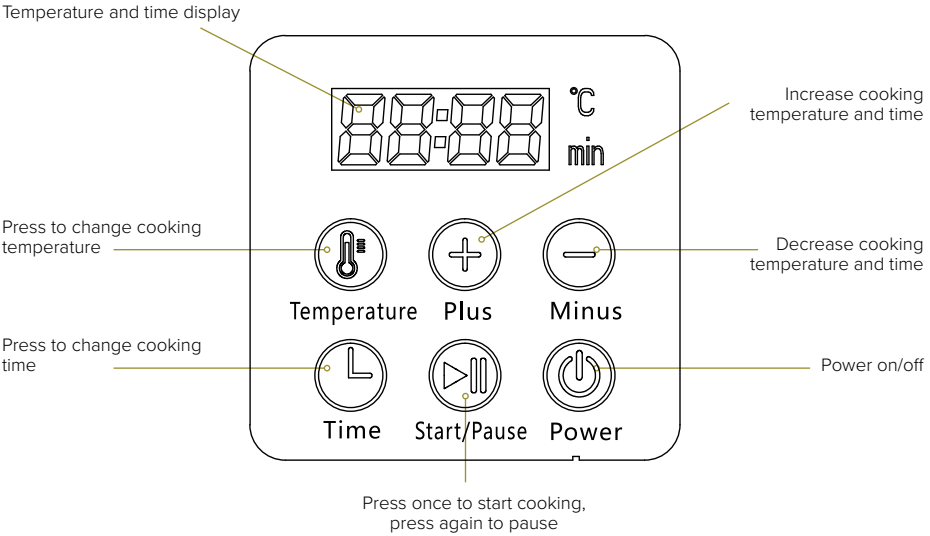
- Always put the ingredients to be fried in the Fry Pan Basket to prevent direct contact with the heating components.
 - Do not cover the air inlet and outlet opening while the appliance is operating.
 - Do not pour oil into the Base Tray, this may create a fire hazard.
 - Never touch the inside of the appliance while it is operating.
1. Do not place the unit close to flammable materials heating units or wet environments.
 2. Height of ingredients placed in the Fry Pan Basket should comply with the directions listed under "Operation Instructions".
 3. Do not replace with other parts that are not designed specifically for this Air Fryer.
 4. Do not put any other cooking pans in the Fry Pan Basket. Do not replace any parts with other containers.
 5. If a lot of smoke is escaping from the air vent during operation, unplug the unit immediately and contact customer service.
 6. Do not move the unit while in operation. Only after this Air Fryer has completely cooled down should you attempt to move it. Always wait for this Air Fryer to cool down prior to handling it.
 7. Never use a towel to block the vent.
 8. If any troubles arise during operation, any necessary service must be done by the technicians that authorized by the manufacturer for repairs.
 9. Do not disassemble the unit on your own or replace any parts.
 10. Do not use metal utensils with the coated Fry Pan Basket as this can damage the surface.
 11. If the power cord is damaged, do not attempt to operate the unit.
 12. Keep the unit out of reach of children when the unit is operating or cooling down.
 13. Keep hands and face away from the venting outlet or where heat or steam is being released.
 14. Make sure the Air Fryer is always clean prior to cooking.
 15. It is normal for some smoke to escape the unit when heating for the first time.
 16. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
 17. 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.

GETTING TO KNOW YOUR HEALTHYFRY 2.0



CONTROL PANEL DESCRIPTION


BUTTON OR ICON	FUNCTION OR DISPLAY
TEMPERATURE	Press to change cooking temperature status, Press "+" and "-" to change the temperature
TIMER	Press to change cooking time status, Press "+" and "-" to change the time
+/-	<p>a. Under the temperature status, press to increase or decrease temperature, 1 degree for every press; press and hold to increase or decrease quickly; temperature range from 80 to 190</p> <p>b. Under the timer status, press to increase or decrease time, 1 minute for every press; press and hold to increase or decrease quickly; timer range from 1 to 60 minutes</p>
START/PAUSE	After setting the time and temperature, press it to start operation, and press it again to pause the operation.
POWER	Press it to be standby status, press it again to OFF status.





PREPARING YOUR HEALTHYFRY AIR FRYER FOR USE

Before first use


1. Remove all packaging material.
2. Thoroughly clean the basket and the drawer with hot water, detergent and a nonabrasive sponge.
3. Wipe the interior and exterior of the appliance with a damp cloth.
4. Place the appliance on a stable, horizontal and level surface. Do not place the appliance on non-heat resistant surfaces.
5. Place the basket in the drawer properly.
6. Pull out the power cord.


 Do not fill the drawer with oil or any other liquids.


 Do not place anything on top of the appliance. This disrupts the airflow and affects the hot air frying result.


 Use on a flat and stable, heat resistant work surface, away from any water spillages or any sources of heat.


 When in use, never leave the appliance unattended.

 This appliance is not designed to be used by people age 8 or below, or people with 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 appliance.


 This electrical appliance operates at high temperatures which may cause burns. Do not touch the hot surfaces of the appliance (drawer, air outlet, etc.).

 Keep the appliance in use away from flammable materials (tablecloth, curtains, etc.), and away from an external heat source (gas stove, hot plate, etc.).

 In the event of fire, never try to extinguish the flames with water. Unplug the appliance and put out the flames with a damp cloth.

 Do not move the appliance when it is filled with hot food.

 Never immerse the appliance in water!

 When the drawer is removed during cooking, the heating element of the appliance stops automatically (the fans will remain running). Never touch the interior of the appliance right after use as the appliance is still extremely hot. The appliance will continue to cook when the drawer is reinserted.

USING YOUR HEALTHYFRY 2.0 AIR FRYER

1

Plug in the product, it will beep once, "POWER" button will flash, press "POWER", the program will be standby status.

2

Press "TEMPERATURE" once, and set up the desired temperature by "+" and "-". Then press "START/PAUSE" to start the operation (Default temperature is 180, last setting temperature will be saved).

3

Pull out the base tray from the air fryer carefully.

4

Put the food into the fry basket.

Note: The volume of the food cannot be over 4/5 of the volume of the fry basket which may affect the quality of the food.

5

Put the base tray back to the air fryer. Do not use the base tray before put it back the fry basket.

Note: Do not touch the base tray at once after use the product. The base tray is very hot, and can be only moved by holding the handle.

6

Set up the cooking time. Default time is 15 minutes. Change it by press "+" and "-". After finish setting, press "START/PAUSE". You can change the time and temperature during the cooking process.

7

For some of the food, you may need to turn over during the process. To turn over the food, hold the handle, pull out the base tray and shake or turn over the food. Last, put back the base tray into the air fryer.

8

When the operation is over, the program will beep 5 times and return to standby status. Then, pull out the base tray, and put it on the heat-resisting surface.

9

Check the food if it is well cooked. If the food still needs to be cooked, put it back to cook for few more minutes.

USING YOUR HEALTHYFRY 2.0 AIR FRYER

10

For getting out the small size food (like fries), you can press the button to detach the fry basket from the base tray. Do not turn the basket over with the base tray which can cause the oil to leak into the food again.

11

Put the food into the bowls or plates.

Reminded: For the bigger size of food, you may use tongs.

12

You can directly cook the second food after you finish the first.

BASIC SETTINGS AND INGREDIENT PREPARATION

The table below helps you to select the basic settings for ingredients you want to prepare.

Note: Keep in mind that these settings are for your reference only as ingredients differ in origin, size and shape and we cannot guarantee the best setting for your ingredients. Removing the drawer to toss or turn ingredients barely disturbs the cooking process due to Rapid Air technology (instantly returns the temperature to the required level).

TIPS

- Smaller ingredients usually require a slightly shorter cooking time than larger ingredients.
- A larger amount of ingredients requires a slightly longer cooking time. A smaller amount of ingredients only require a short amount of cooking time.
- Tossing smaller ingredients halfway through the cooking time optimises the end result and 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 add the oil.
- Do not cook extremely greasy ingredients such as sausages in the air fryer.
- Snacks that can be cooked in an oven can also be prepared in the air fryer.
- The optimal amount for cooking crispy fries is 500 grams.
- Use pre-made dough to make snacks with fillings quickly and easily. Pre-made dough also requires a shorter cooking time than homemade dough.
- You can also use the air fryer to reheat food. To reheat food, set the temperature to 150°C for up to 10 minutes.

	MIN-MAX AMOUNT (G)	TIME (MIN.)	TEMP (°C)	TOSS
Potatoes & fries				
Thin frozen fries	300-700	12-16	200	Toss
Thick frozen fries	300-700	12-20	200	Toss
Home made fries (8×8mm)	300-800	18-25	180	Toss
Home made potato wedges	300-800	18-22	180	Toss
Home made potato cubes	300-750	12-18	180	Toss
Rosti	250	15-18	180	
Potato gratin	500	18-22	180	

	MIN-MAX AMOUNT (G)	TIME (MIN.)	TEMP (°C)	TOSS
Meat & Poultry				
Steak	100-500	8-12	180	
Pork chop	100-500	10-14	180	
Hamburger	100-500	7-14	180	
Sausage roll	100-500	13-15	200	
Drumstick	100-500	18-22	180	
Chicken breast	100-500	10-15	180	
Snacks				
Spring rolls	100-400	8-10	200	Toss
Frozen chicken nuggets	100-500	6-10	200	Toss
Frozen fish fingers	100-400	6-10	200	
Frozen bread crumbed cheese snacks	100-400	8-10	180	
Stuffed vegetables	100-400	10	160	
Baking				
Cake	300	20-25	160	
Quiche	400	20-22	180	
Muffins	300	15-18	200	
Sweet snacks	400	20	160	

CLEANING AND MAINTENANCE

Clean the appliance after every use.

The Fry Basket and the Base Tray have a non-stick coating. Do not use metal utensils or harsh abrasives when cleaning as this can damage the coating.

1. Unplug the appliance to cool down before clean.
2. Use soft and wet towel to clean the outside of the appliance.
3. Use hot water, detergent, and wet towel to clean the base tray, the fry basket, and the divider.

NOTE: The base tray, the fry basket, and the divider can be washed by the dishwasher.

Reminder: For the residual of food which stick on the basket, put hot water and detergent into the base tray to immerse for 10 minutes.

4. Use hot water and soft cloth to clean the inside of the appliance.

SPECIFICATIONS

Product	AF1000WHI
Model	AF1000
Power	1500W
Voltage	220-240V
Frequency	50-60Hz
Capacity	3.5L
Product weight	5.5 kg
Dimensions	385 x 316 x 338 mm



Only for EU countries. Do not dispose of electric appliances together with household waste material! In observance of European Directive 2002/96/EC on waste electrical and electronic equipment and its implantation in accordance with national law, electric appliances that have reached the end of their life must be collected separately and returned to an environmentally compatible recycling facility.

HELP, SOMETHING'S GONE WRONG!

PROBLEM	POSSIBLE CAUSE	SOLUTION
The air fryer does not work.	The appliance is not plugged in. Did not press POWER button. The Fry Basket is not placed in the air fryer.	Plug in the appliance, make sure the fry basket in the air fryer, and press POWER button to start.
The ingredients fried are not completely cooked.	Too many ingredients were used. The cooking temperature is too low. The cooking time is too short.	Remove some ingredients, setting higher temperature, and setting longer time.
The food is fried unevenly.	Certain types of ingredients need to be shaken halfway through the preparation time.	Ingredients that are on the top need to be shaken halfway through the preparation time.
Fried snacks are not crispy	You used a type of snack meant to be prepared in a traditional deep fryer.	Use snacks designed to be baked in a traditional oven, or lightly brush some olive oil onto the snacks for a crispier result.
I cannot slide the fry basket into the appliance properly.	The fry basket is overfilled. The fry basket is not placed in the base tray correctly.	Do not fill the fry basket more than 4/5. Push the fry basket down into the base tray until you hear a click.
White smoke is coming out of the product.	You are frying greasy food. The pan contains greasy residue from previous uses.	When you are preparing greasy ingredients in the Air Fryer, large amounts of oil can smoke and infiltrate into the pan. The oil will produce white smoke and the frying pan might become hotter than usual. This will not affect the final cooking effect. White smoke is caused by greasy heating up in the pan. Make sure you clean the frying pan properly after each use.

PROBLEM	POSSIBLE CAUSE	SOLUTION
French fries are fried unevenly.	You did not soak the potato sticks properly before you fried them. You did not use the right potato type.	Soak potato sticks in a bowl of water for at least 30 minutes, take them out and dry them with paper towel. Use fresh potatoes and make sure they stay firm during frying.
French fries are not Crispy.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks properly before you add the oil. Cut the potato sticks smaller for a crispier result. Add slightly more oil for a crispier result.

ERROR CODE

CODE	E1	E2	E3
PROBLEM	Sensor open ended	Sensor short circuit	Overheat

WARRANTY TERMS & CONDITIONS

This warranty as outlined below solely covers distributors of the Athena Solutions Pty. Ltd. (powered by Optimum) range of appliances. Please contact your distributor for full product warranty.

Effective as of 1st January 2014

1. Athena Solutions Pty Ltd warrants this appliance to be free from defects in materials and workmanship and to perform satisfactorily in a domestic environment for a period of 1 year from the date of purchase when used in accordance with the instructions listed in this instruction manual.
2. Any warranties exceeding this standard period are offered as extended terms by the selling distributor and claimable only through that provider.
3. Defects that occur within this manufacturers warranty period, under normal use and care will be repaired or replaced at our discretion only if the selling distributor is unable to do so. This is done solely at our option with no charge for parts. This warranty does not extend to accessories included or purchased separately. Replacements can be offered for major faults as determined by your distributor and at their own discretion.
4. The non-stick coating is also guaranteed for 1 year against blistering and peeling. This guarantee does not cover sticking or damage caused by incorrect use nor in the cases as listed in this instruction manual.
5. In the event that the goods requiring repair are under warranty, and this distributor is unable to provide the repairs, the customer is responsible for the cost of the return of the product to Athena Solutions Pty Ltd (or their approved service provider) and also the cost of return to the customer.
6. Whilst in transit, the goods are at the owner's risk and any further damage during this transportation is not covered under warranty.
7. Customers should ensure that the product being returned is properly packaged so as to ensure that no damage occurs to the product during transit. To be able to process the warranty claim, ensure you have included an explanation of any problem; Athena Solutions Pty Ltd will not fault-find and will only repair described faults as covered under warranty.
8. This full warranty is void if this appliance has been subjected to abuse, negligence, accident, alteration, failure to follow operating instructions, or the product has been exposed to abnormal or extreme conditions.
9. Cosmetic changes that do not affect performance, such as discolouration of parts of the product in the hands of the user or the effects of the use of abrasive cleaners will not be warranted or considered defects. The cleaning or removal of food products along with any damage caused by allowing them to build up is not covered by this full warranty.
10. This warranty does not cover normal wear and tear of the product or parts.
11. Customers should ensure that the product being returned is properly packaged so as to ensure that no damage occurs to the product during transit. To be able to process the warranty claim, ensure you have included an explanation of any problem; Athena Solutions Pty Ltd will not fault-find and will only repair described faults as covered under warranty.
12. The warranty will not apply if damage, malfunction or failure resulting 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 unauthorised repairs by any persons, use of defective or incompatible accessories, exposure to abnormally corrosive conditions or entry by any insect, vermin or foreign object in the product.
13. Warranty does not cover damage done to any product by using the machine with an alternate power source (solar, inverter, generator, etc.) and the use of these devices to power your appliance is not recommended.
14. You must keep your purchase docket/receipt as proof of purchase and as proof of the date on which the purchase was made. The purchase docket or receipt must be presented when making a claim under this warranty.
15. In the event the receipt of purchase is not presented, then 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 any consumer rights listed in and able to be enforced from Regulated Consumer Law, any condition which is found to be in breach of the consumer law, the single condition shall be void only and all other conditions 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.

