

POWERED BY *Optimum*
HealthyFry



USER'S MANUAL

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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.

WELCOME TO YOUR NEW KITCHEN ASSISTANT

Congratulations on your purchase of the professional-quality HealthyFry Air Fryer. Your new HealthyFry 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 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 Air Fryer allows you to easily customise and control the time and temperature to suit your cooking needs. Additionally, the appliance is designed with a smart auto shut-off function that turns off the heating element upon removal of the cooking basket to ensure your safety. 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 AIR FRYER, PLEASE READ THESE INSTRUCTIONS CAREFULLY.

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.

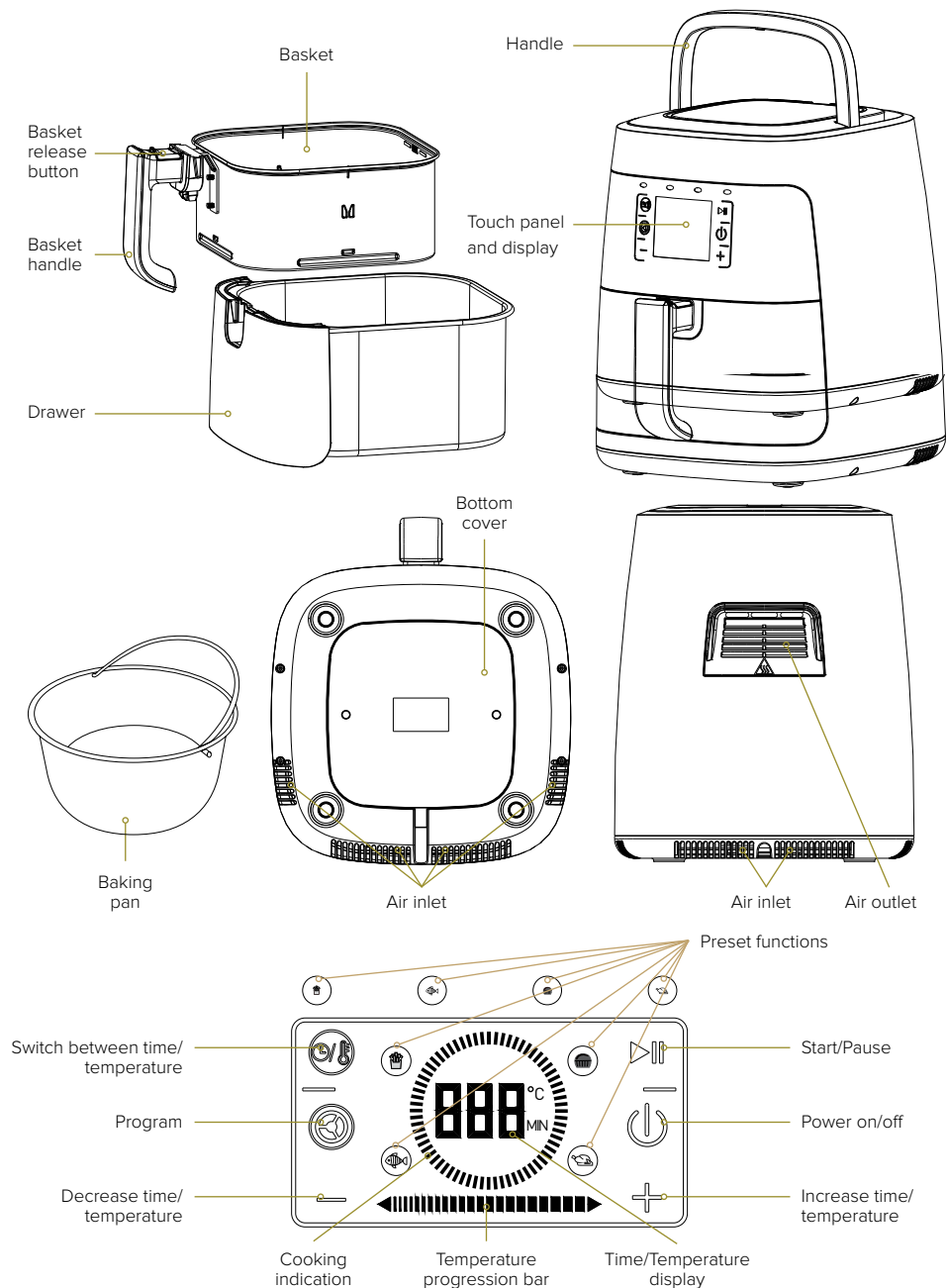


ATTENTION

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.

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.

GETTING TO KNOW YOUR HEALTHYFRY AIR FRYER





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 AIR FRYER



1 Connect the power plug to an earthed power socket. The screen will display '---' representing the 'standby' mode.

2 Preheat the air fryer prior to adding ingredients. Press and hold the  Power on/off button for 3 seconds to switch on the appliance. Press  Start/Pause and the air fryer will preheat for 3 minutes at 60°C.

3 Once the air fryer has finished preheating, carefully remove the drawer from the air fryer. Place the ingredients in the basket.
Note: Never fill the basket to exceed the amount indicated in the following table, as this could affect the quality of the end result. Do not fill the drawer with oil or fat.

4 Slide the drawer back into the air fryer. Never use the air fryer without the basket or the bakeware in the drawer.

5 **Preset functions:** Press the  Program function to select your desired preset function. Continue to press  to move through to the available functions. After you have selected your desired function, press  Start/Pause to start cooking.
DIY setting: Press the  Time/Temperature button according to the food variety and quantity (refer to the table below for time and temperature recommendations). Using the '+' or '-' button, adjust the time and temperature as required. After you have input your desired setting, press  Start/Pause to start cooking.

6 Some ingredients require turning halfway through the cooking time. To turn over the ingredients, press  Start/Pause to pause the cooking process and pull the drawer out of the appliance. Turn over the ingredients using tongs. Place the drawer back into the air fryer. To resume cooking, press  Start/Pause.

7 This appliance is equipped with a timer. When the timer has counted down to 0, the appliance produces the sound of a bell and switches off automatically. Pull the drawer out of the appliance using hot pads or gloves and place it on a heat resistant surface to check if the ingredients are ready. If the ingredients are not ready yet, simply slide the drawer back into the appliance and set the timer for a few extra minutes.

8 To remove the ingredients, press the Basket Release button and lift the basket out of the drawer. Use a set of tongs to remove the ingredients to prevent scalding.

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	

CLEANING AND MAINTENANCE

	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	

The drawer, basket and interior of the appliance have a stainless steel coating. Do not use metallic kitchen utensils or abrasive cleaning materials to clean them, as this may damage the stainless steel coating.

1. Remove the power plug from the power socket and allow the appliance to cool down.
Note: Remove the drawer to allow the air fryer to cool down more quickly.
2. Wipe the exterior of the appliance with a damp cloth.
3. Clean the drawer and basket with hot water, detergent and a nonabrasive sponge.
You can use a degreasing liquid to remove any remaining dirt.
Tip: If dirt is stuck to the basket or the bottom of the drawer, fill the drawer with hot water and detergent. Place the basket in the drawer and allow the drawer and basket to soak for approximately 10 minutes.
4. Clean the interior of the appliance with a damp cloth.
5. Gently clean the heating element with a cleaning brush to remove any food residue.

SPECIFICATIONS

Product	HealthyFry Air Fryer
Model	AF400
Power	1200-1400W
Voltage	220-240V
Frequency	50-60Hz
Capacity	2.5L
Product weight	5.45kg
Dimensions	31 x 27 x 32.6cm

HELP, SOMETHING'S GONE WRONG!

PROBLEM	POSSIBLE CAUSE	SOLUTION
The air fryer does not work.	The appliance is not plugged in.	Connect the power plug to an earthed power socket.
	You have not set the timer.	Press the timer button and select the required cooking time to start the appliance.
The ingredients fried with the air fryer are not done.	There are too many ingredients in the basket.	Place smaller sized ingredients in the basket. Smaller ingredients fry more evenly.
	The selected temperature is too low.	Gradually increase the temperature level (see Step 5, page 6 for further information).
	The cooking time is too short.	Gradually increase the timer (see Step 5, page 6 for further information).
The ingredients are fried unevenly in the air fryer.	Certain types of ingredients need to be tossed halfway through the cooking time.	Ingredients that overlap each other (e.g. fries) need to be tossed halfway through the cooking time.
Fried snacks are not crispy when they come out of the air fryer.	You used a type of snack meant to be prepared in a traditional deep fryer.	Use oven snacks or lightly brush some oil onto the snacks for a crispier result.
White smoke emits from the appliance.	You have used greasy ingredients.	When you fry greasy ingredients in the air fryer, a large amount of oil will leak into the drawer. The heated oil produces white smoke and the drawer may heat up more than usual. This does not affect the appliance or the end result.
	The drawer contains grease residue from previous use.	White smoke is caused by grease heating up in the drawer. Make sure you clean the drawer thoroughly after each use.

PROBLEM	POSSIBLE CAUSE	SOLUTION
Homemade fries are fried unevenly in the air fryer.	You did not soak the potato sticks sufficiently before you fried them.	Soak the potato sticks in a bowl of water for at least 30 minutes, drain and dry them with kitchen paper before frying.
	You did not use the right type of potatoes.	Use fresh potatoes that stay firm during frying.
Homemade fries are not crispy when they come out of the air fryer.	The crispiness of the fries depends on the amount of oil and water in the fries.	Make sure you dry the potato sticks thoroughly before you add the oil.
		Cut the potato into smaller sticks for a crispier result.
		Add slightly more oil for a crispier result.

Effective as of 1st January 2014

This warranty as outlined below solely covers distributors. Please contact your distributor for full product warranty.

1. Athena Solutions® warrants this appliance to be free from defects in materials and workmanship and to perform satisfactorily in a domestic environment for a period of 2 years 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 2 years 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® (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® 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. This warranty does not cover any defect caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorised medication, loss of parts, tampering or attempted repair by a person not authorised by Athena Solutions®.
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.

Please contact the distributor located in the Country where you made your original purchase for all Support, Servicing and Warranty.

