

**PROGRESS®**

Est. 1931

*Go Healthy*

**Egg Muffin  
Mini Snack Maker  
Instruction Manual**

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Please retain instructions for future reference.

## **Safety Instructions**

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

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children.

Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not pull or carry the appliance by its power supply cord.

Do not use the appliance for anything other than its intended use.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The door or the outer surface of the appliance may get hot during operation.



**Caution:** Hot surface – do not touch the hot section or heating components of the appliance.

Take care not to pour water on the heating element.

**Warning:** Keep the appliance away from flammable materials.

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## Care and Maintenance

Before attempting any cleaning or maintenance, unplug the snack maker from the mains power supply and allow to cool fully.

**STEP 1:** Wipe the snack maker housing with a soft, damp cloth and dry thoroughly.

**STEP 2:** Remove baked-on food by applying a small amount of warm water mixed with a mild detergent to the non-stick cooking plates and wipe them clean with a paper towel. Use a nonabrasive scourer if the food is difficult to remove.

Do not immerse the snack maker in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the snack maker or its accessories, as this could damage the surface.

**Note:** The snack maker should be cleaned after each use.

## Description of Parts



- |  |                              |
|--|------------------------------|
| 1. Egg Muffin Mini Snack Maker main unit | 5. Red power indicator light |
| 2. Upper housing                         | 6. Non-stick cooking plates  |
| 3. Lower housing                         | 7. Non-slip feet             |
| 4. Cool-touch handle                     | 8. Cup attachment            |

## Instructions for Use

### Before First Use

Before connecting to the mains power supply, wipe the snack maker housing with a soft, damp cloth and dry thoroughly.

Do not immerse the snack maker in water or any other liquid.

**Note:** When using the snack maker for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the snack maker.

### Using the Egg Muffin Mini Snack Maker

**STEP 1:** Prepare the mixture that is to be cooked.

**STEP 2:** Plug in and switch on the snack maker at the mains power supply. The red power indicator light will illuminate, signalling that the snack maker has been switched on and is heating up.

**STEP 3:** Preheat the snack maker; this will take approx. 2–3 minutes.

**STEP 4:** Carefully open the lid using the cool-touch handles.

**STEP 5:** Pour the prepared mixture evenly onto the lower non-stick cooking plate.

**STEP 6:** Cook the mixture for approx. 5–6 minutes or until puffy and golden brown. The cooking time will vary dependent upon the type and quantity of ingredients used.

**STEP 7:** Once cooking is complete, use the cool-touch handles to carefully open the lid and then remove the bites using a heat-resistant plastic or wooden spatula.

**STEP 8:** When cooking multiple bites, close the lid after removing each bite to maintain the heat.

**STEP 9:** Switch off and unplug the snack maker from the mains power supply to turn it off. Leave the lid open and allow to cool.

### Using the Cup Attachment

**STEP 1:** Prepare the mixture that is to be cooked.

**STEP 2:** Place the cup attachment onto the lower non-stick cooking plate.

**STEP 3:** Plug in and switch on the snack maker at the mains power supply. The red power indicator light will illuminate, signalling that the snack maker has been switched on and is heating up.

**STEP 4:** Preheat the snack maker; this will take approx. 2–3 minutes.

**STEP 5:** Carefully open the lid using the cool-touch handles.

**STEP 6:** Separate the mixture evenly between the cups in the cup attachment.

**STEP 7:** Cook the mixture for approx. 5–6 minutes or until puffy and golden brown. The cooking time will vary dependent upon the type and quantity of ingredients used.

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**STEP 8:** Once cooking is complete, use the cool-touch handles to carefully open the lid. Using a heat-resistant plastic or wooden spatula, scrape around the inside edge of the cups to loosen the bites then push upwards from below to remove.

**STEP 9:** When cooking multiple bites, close the lid after removing each bite to maintain the heat.

**STEP 10:** Switch off and unplug the snack maker from the mains power supply to turn it off. Leave the lid open and allow to cool.

**Note:** Always preheat the non-stick cooking plates before use. To prolong the life of the non-stick coating, carefully apply a thin coat of cooking oil to the non-stick cooking plates before use. Some ingredients, such as tomatoes and onions, can be partially cooked on the non-stick cooking plates before adding the mixture if required.

**Caution:** The non-stick cooking plates get very hot during use; always use heat-resistant gloves to avoid injury.

**Warning:** Exercise caution during cooking; the snack maker will emit steam.

Never use the snack maker with the lid open.

## Storage

Check that the snack maker is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the snack maker; wrap it loosely to avoid causing damage.

## Specifications

Product code: EK4488PH

Input: 220–240 V ~ 50/60 Hz

Output: 600 W

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# DELICIOUS HEALTHY SNACKS

Recipes



## Mini Egg Muffins

Requires cup attachment

### Ingredients

45 g grated Gruyere

2 tbsp cottage cheese

Cooking spray

4 large eggs

Salt and pepper, to taste

### Method

In a large bowl, combine the eggs, Gruyere, cottage cheese, salt and pepper. Mix until smooth.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles. Pour a small amount of water onto the lower non-stick coated cooking plate.

Spray the inside of the cup attachment with cooking spray and fill each cup with egg mixture. Do not fill the cups by more than  $\frac{3}{4}$  as the mixture will expand during cooking.

Place the cup attachment onto the lower non-stick cooking plate and close the lid.

Cook the muffins for approx. 10 minutes or until puffy and golden brown.

Carefully remove the muffins from the snack maker and place onto a wire cooling rack.

Serve warm with your choice of sides.

## Mini Vanilla Muffins

Requires mini muffin cases

Requires cup attachment

### Ingredients

50 g caster sugar

50 g margarine

$\frac{1}{2}$  tsp vanilla essence

50 g self-raising flour

1 medium egg

### Method

In a food processor, cream together the sugar and margarine until light and fluffy. Add the egg and the vanilla essence, with a little flour, until well mixed.

Add the remaining flour a little at a time until all of the ingredients are combined.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles.

Line each cup of the cup attachment with a muffin case and fill each with the muffin mixture.

Do not fill the cases by more than  $\frac{3}{4}$  as the mixture will expand during cooking.

Place the cup attachment onto the lower non-stick cooking plate and close the lid.

Cook the muffins for approx. 6 minutes or until puffy and golden brown.

Carefully remove the muffins from the snack maker and place onto a wire cooling rack.

Allow to cool. Serve with your choice of icing.



## Grilled Chicken with Mozzarella Cheese

### Ingredients

4 skinless and boneless chicken breasts	3 tbsp olive oil	Salt and pepper, to taste
4 tomatoes (sliced)	2 tsp fresh rosemary (chopped)	Fresh basil, to garnish
8 slices mozzarella cheese	½ tsp garlic powder	Cooking spray

### Method

Cut a horizontal slit into each chicken breast and stuff with the sliced tomato and mozzarella slices.

Brush the chicken breasts with olive oil and season with rosemary, garlic powder, salt and pepper.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles.

Spray the non-stick cooking plates with cooking spray then carefully place the chicken breasts onto the lower non-stick cooking plate and close the lid.

Cook the chicken breasts for approx. 9 minutes or until the juices run clear.

Carefully remove the chicken breasts from the snack maker.

Serve immediately garnished with basil.

## Banana Chocolate Pancakes

### Ingredients

130 g plain flour	4 tbsp melted butter	½ tsp salt
2 banana, mashed	4 tbsp sugar	Chocolate syrup, to serve
2 eggs	4 tbsp unsweetened cocoa	Cooking spray
120 ml milk, or more if desired	2 tsp vanilla extract	
	2 tsp baking soda	

### Method

In a large bowl, sift the flour, sugar, cocoa, baking soda and salt.

In a separate bowl, whisk together the egg, banana and melted butter.

Add the wet ingredients to the dry ingredients, and then stir in the desired amount of milk and mix until smooth.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles.

Spray the non-stick cooking plates with cooking spray or grease with butter then carefully pour 60 ml of batter onto the lower non-stick cooking plate and close the lid.

Cook the pancake for approx. 5 minutes or until golden brown and soft to the touch.

Carefully remove the pancake from the snack maker and place onto a wire cooling rack.

Serve warm drizzled in chocolate syrup.



## Mini Choc Chip Cookies

### Ingredients

250 g plain flour	75 g unsalted	2 tsp baking powder
200 g light brown soft sugar	butter, softened	1 tsp salt
200 g chocolate chips	2 large egg, beaten	Vanilla ice cream, to serve
	2 tsp vanilla extract	Cooking spray

### Method

In a large bowl, cream the butter and sugar together until pale and fluffy.

Add the egg and vanilla and beat until well combined.

Sift over the flour, and then add the baking powder and salt, and mix until smooth.

Fold in the chocolate chips using a wooden spoon or spatula.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles.

Spray the non-stick cooking plates with cooking spray or grease with butter then carefully spoon small dollops of batter onto the lower non-stick cooking plate and close the lid.

Cook the cookies for approx. 6–10 minutes or until golden brown.

Carefully remove the cookies from the snack maker and place onto a wire cooling rack.

Serve warm topped with vanilla ice cream.

## Spanish Frittatas

Requires cup attachment

### Ingredients

50 g fresh tomato (diced)	½ bell pepper (diced)	1 tbsp hot sauce
4 large eggs	2 tbsp cottage cheese	Salt and pepper, to taste
1 small onion (diced)		

### Method

In a large bowl, combine the eggs, cottage cheese, salt and pepper. Mix until smooth.

In a separate bowl, mix together the tomato, onion, bell pepper and hot sauce

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles. Pour a small amount of water onto the lower non-stick coated cooking plate.

Spray the inside of the cup attachment with cooking spray and fill each cup with a spoonful of the tomato mixture then pour the egg mixture on top. Do not fill the cups by more than  $\frac{3}{4}$  as the mixture will expand during cooking.

Place the cup attachment onto the lower non-stick cooking plate and close the lid.

Cook the frittatas for approx. 10 minutes or until puffy and golden brown.

Carefully remove the frittatas from the snack maker and place onto a wire cooling rack.

Serve warm with your choice of sides.

## Savoury Souffles

Requires cup attachment

### Ingredients

4 egg yolks	2 tbsp butter	¼ tsp cream of tartar
2 egg whites	2 tbsp plain flour	Salt and pepper, to taste
175 ml milk		

### Method

Melt the butter in a medium saucepan over a low heat. Stir in the flour, salt and pepper.

Cook until smooth and bubbly.

Stir in the milk and cook until the mixture boils and thickens.

In a separate bowl, beat the egg yolks. Add the warm butter mixture to the egg yolks a little at a time, stirring until combined. Then set aside to cool.

In a large bowl, beat the egg whites with the cream of tartar until stiff. Fold the egg white mixture into the egg yolk mixture a little at a time, until thoroughly combined.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles. Pour a small amount of water onto the lower non-stick coated cooking plate.

Spray the inside of the cup attachment with cooking spray and fill each cup with the souffle mixture. Do not fill the cups by more than  $\frac{3}{4}$  as the mixture will expand during cooking.

Place the cup attachment onto the lower non-stick cooking plate and close the lid.

Cook the souffles for approx. 6 minutes or until puffy and golden brown.

Carefully souffles the frittatas from the snack maker and place onto a wire cooling rack.

Serve warm with your choice of sides.

## **Chorizo, Spinach and Goats Cheese Omelette**

### **Ingredients**

50 g chorizo, diced	Handful spinach, chopped	Cooking spray
25 g goats cheese	¼ tbsp butter	
2 eggs	Salt and pepper, to taste	

### **Method**

In a mixing jug or bowl, beat the eggs until smooth. Stir in the butter, chorizo and spinach. Season with salt and pepper.

When combined, add the goats cheese.

Plug in and switch on the snack maker at the mains power supply; preheat the snack maker for approx. 2–3 minutes.

Carefully open the lid using the cool-touch handles.

Spray the non-stick cooking plates with cooking spray then carefully pour 60 ml of egg mixture onto the lower non-stick cooking plate and close the lid.

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## Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:

The wires in the mains lead are coloured in accordance with the following code:

**Blue Neutral (N)**

**Brown Live (L)**

**Green/Yellow Earth ( $\perp$ )**

**FOR UK USE ONLY** – Plug fitting details (where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked  $\perp$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

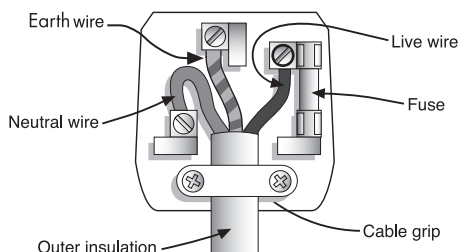
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



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If this product does not reach you in an acceptable condition please contact our Customer Services Department at **[www.progresscookshop.com](http://www.progresscookshop.com)**.

Please have your delivery note to hand as details from it will be required. If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.


The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



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\*To be eligible for the extended guarantee,  
go to **[www.progresscookshop.com](http://www.progresscookshop.com)** and register  
your product within 30 days of purchase.

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