

**PROGRESS®**

Est. 1931

**4.5 LITRE  
HOT AIR  
FRYER**

Instruction manual

# **PROGRESS®**

Est. 1931

Please read all of the instructions carefully and retain 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.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

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 use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

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 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 outer surface or door may get hot during operation.



**CAUTION:** Hot surface – do not touch any sections or surfaces of the appliance that may become hot or the heating components of the appliance.

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

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## **Automatic Switch-off**

The air fryer is fitted with an automatic switch-off.

This may activate if:

1. The set cooking time has elapsed. The timer will sound and the automatic switch-off will activate, turning off the air fryer.
2. The cooking compartment is pulled out from the air fryer during cooking. In this case, the timer will pause; it will continue counting down when the cooking compartment is replaced.

**NOTE:** If the air fryer needs to be turned off before the set cooking time has elapsed, switch off and unplug it from the mains power supply.

## **Dos and Don'ts**

### **DO:**

Check that the non-stick coated cooking basket is securely fitted before use. Not doing so will prevent the air fryer from operating. Only hold the cooking compartment by the cooking basket handle. Take care when removing the non-stick coated cooking basket, as steam may be emitted.

### **DO NOT:**

Invert the non-stick coated cooking basket with the cooking compartment still attached, as excess oil may collect at the bottom of the cooking compartment, and could leak into the ingredients.

Cover the air fryer or its air inlets, as this will disrupt the airflow and could affect the frying results.

Fill the cooking compartment with oil or any other liquid.

Press the non-stick coated cooking basket release button whilst shaking the ingredients.

Touch the cooking compartment during or straight after use, as it gets very hot; only hold the cooking compartment by the handle.

Turn the timer control dial in an anticlockwise direction as this will damage its accuracy.



## Care and Maintenance

Before attempting any cleaning or maintenance, switch off and unplug the air fryer from the mains power supply and allow it to fully cool.

**STEP 1:** Wipe the air fryer main unit with a soft, damp cloth and dry thoroughly.

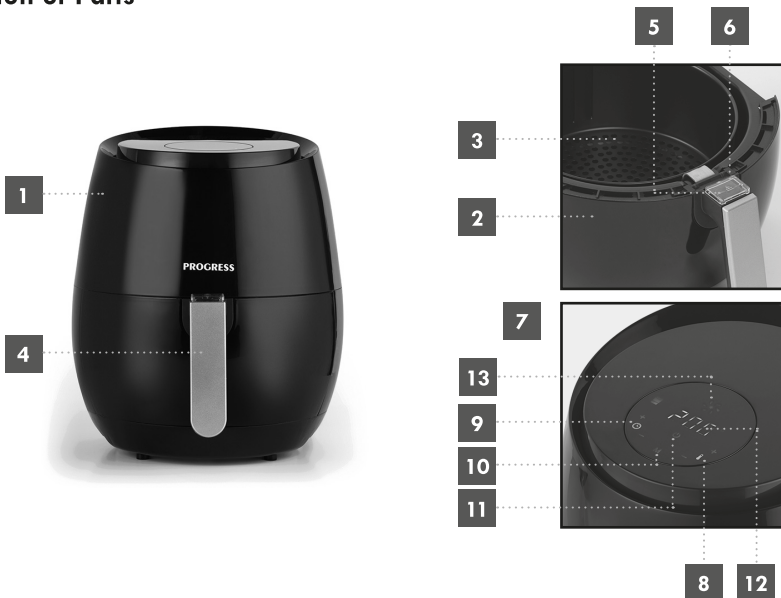
**STEP 2:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the air fryer main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the air fryer or its accessories, as this could cause damage.

**Note:** The air fryer should be cleaned after each use.

### Description of Parts



1. 4.5 Litre Hot Air Fryer main unit
2. Cooking compartment
3. Non-stick coated cooking basket
4. Cooking basket handle
5. Cooking basket release button
6. Plastic cover
7. Digital control panel

8. Temperature control buttons
9. Timer control buttons
10. Mode button
11. Power button
12. LED display
13. Indicator light

## Instructions for Use

### Introduction

A healthier way to fry without losing any of the flavour, the air fryer is extremely versatile and is perfect for low fat cooking. Utilising hot air, it cooks delicious food using little or no oil, meaning that treats can still be enjoyed, even whilst maintaining a healthier lifestyle.

### Before First Use

**STEP 1:** Before connecting the air fryer to the mains power supply, wipe the air fryer main unit with a soft, damp cloth and dry thoroughly.

**STEP 2:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the air fryer main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the air fryer or its accessories, as this could cause damage.

**STEP 3:** Place the air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

**NOTE:** When using the air fryer 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 air fryer during use. It is advised to run the air fryer without food for approx. 10 minutes before first use; this will prevent the initial smoke or odour from affecting the taste of the food.

### Assembling the 4.5 Litre Hot Air Fryer

**STEP 1:** Fit the non-stick coated cooking basket into the cooking compartment, until it is seated securely. Slide the plastic cover backwards, so that it conceals the cooking basket release button to avoid it being pressed during use.

**STEP 2:** Slide the cooking compartment into the air fryer main unit to close it.

**NOTE:** The air fryer comes preassembled. If the air fryer does not turn on, the cooking compartment has not been inserted correctly. Check that the cooking compartment is fully inserted.

### Using the Digital Control Panel

When the air fryer is plugged in and switched on at the mains power supply, the unit will beep and the power button will illuminate to indicate that it is connected to the mains power supply.

Tap the power button to switch on the air fryer.

The LED display will alternate between '180 °C' and '15 MIN'. These are the default cooking settings; if other settings are required, the time and temperature can be programmed. Press the timer control buttons (+ or –) to change the cooking time, up to a max. of 30 minutes. Press the temperature control buttons (+ or –) to adjust the cooking temperature, between 80 and 200 °C.

**NOTE:** Press and hold the timer/temperature control buttons to quickly adjust the time or temperature.

Once the time and temperature are set, tap the power button to begin heating. The red indicator light will illuminate and rotating lights around the heating icon on the LED display will indicate that the air fryer is operating.

The red indicator light will cycle on and off throughout cooking to indicate that the air fryer is maintaining the temperature.

Once the timer has elapsed, the air fryer will switch off. During cooking, the time and temperature can be adjusted at any time using + and –.

Press the mode button to cycle between time and temperature presets for cooking various foods. These presets can be adjusted using + or – to increase or decrease the time or temperature, as required.

Preset Cooking Modes	Preset Temperature (°C)	Preset Time (minutes)
Fries	200	18
Pork chops	175	25
Prawns	165	8
Cake	155	30
Chicken	180	20
Steak	200	12
Fish	175	10

If the cooking compartment is opened during cooking, the cooking process will be paused; reinsert the cooking compartment to resume cooking. The air fryer will switch off after 2 hours if the cooking compartment is not reinserted.

To switch off the air fryer, tap the power button. The indicator light will turn off, the heating icon on the LED display will no longer be visible and the air fryer will switch off after approx. 20 seconds. Once the air fryer has turned off, switch off and unplug from the mains power supply.

**NOTE:** The control panel will remain illuminated whilst the air fryer is plugged in and switched on at the mains power supply.

## Using the 4.5 Litre Hot Air Fryer

**STEP 1:** Plug in and switch on the air fryer at the mains power supply; the air fryer will beep and the power button will illuminate to indicate that the unit is plugged in.

**STEP 2:** Tap the power button to switch on the air fryer; the LED display will alternate between '180 °C' and '15 MIN', indicating that the time and temperature are ready to be programmed.

**STEP 3:** Following the instructions in the section entitled 'Using the Digital Control Panel', preheat the air fryer for approx. 5 minutes. Use the timer/temperature control buttons to increase or decrease the time or temperature, as required.

**STEP 4:** Once preheated, remove the cooking compartment by pulling it out of the air fryer using the handle. Place the cooking compartment onto a flat, stable, heat-resistant surface. Check that the plastic cover is concealing the cooking basket release button to avoid the basket from being accidentally released.

**STEP 5:** Place the ingredients into the non-stick coated cooking basket and then slide the cooking compartment back into the air fryer main unit.

**STEP 6:** Use the digital control panel to set the cooking time and temperature as required for the ingredients and then press the power button to begin cooking.

**STEP 7:** Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment by pulling the cooking basket handle out of the hot air fryer. The plastic cover must be concealing the cooking basket release button; take care not to release the hot non-stick coated cooking basket by pressing the cooking basket release button. Shake the cooking compartment gently and then slide it back into the hot air fryer main unit to close it and continue to cook.

**STEP 8:** Once cooking is complete and the preset time has elapsed, the air fryer will beep several times and switch off. Check whether the ingredients are ready by pulling the cooking compartment out from the air fryer using the cooking basket handle. If the ingredients are not cooked, close the cooking compartment and replace it back into the air fryer main unit. Use the digital control panel to adjust the cooking time accordingly. If the food is cooked, press the cooking basket handle release button to remove the non-stick coated cooking basket from the cooking compartment and then empty the contents into a bowl or onto a plate. Use a pair of heat-resistant tongs (not included) if the food is large or fragile.

**NOTE:** Always preheat the air fryer before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature setting needs to be changed during use, simply use the timer or temperature control buttons as required and the air fryer will automatically adjust the settings.

**CAUTION:** Do not tip the food directly into a bowl or onto a plate, as excess oil may collect at the bottom of the cooking compartment and leak onto the ingredients or serving bowl. Always remove the

non-stick coated cooking basket from the cooking compartment. Exercise caution when opening and closing the cooking compartment during use, as it will become very hot.

**WARNING:** Nominal voltage is still present even when the air fryer is switched off. To permanently switch off the air fryer, turn it off at the mains power supply.

### Using the Non-Stick Coated Cooking Basket

The non-stick coated cooking basket is removable for ease of use.

**STEP 1:** To remove the non-stick coated cooking basket from the cooking compartment, push forward the plastic cover to reveal the cooking basket release button.

**STEP 2:** Press and hold the cooking basket release button and carefully lift the cooking basket handle to detach the basket.

**STEP 3:** Replace the non-stick coated cooking basket by fitting it into the cooking compartment, until it is secure.

**STEP 4:** Slide the plastic cover back into position so that it conceals the cooking basket release button.

**WARNING:** Never press the cooking basket release button if the cooking compartment is elevated, as this could cause injury; only press it once the cooking compartment has been placed onto a flat, stable surface.

### Cooking Guide

The following is a guideline for cooking certain types of foods with the hot air fryer.

This is a guideline only and cooking should always be monitored. Food should always be piping hot before serving.

Preset Cooking Modes	Preset Temperature (°C)	Preset Time (minutes)
Fries	200	18
Pork chops	175	25
Prawns	165	8
Cake	155	30
Chicken	180	20
Steak	200	12
Fish	175	10

## Potatoes and Chips

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	300–700 g	12–18 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.
Thick frozen chips	300–700 g	15–20 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.
Home-made chips	300–800 g	15–20 mins	200 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.
Home-made potato wedges	300–800 g	15–20 mins	200 °C	Part soak the potato wedges in water to remove the starch, add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the 4.5 Litre Digital Hot Air Fryer'.

## Meat and Poultry

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	100–500 g	Well done: 10 mins Medium: 8 mins Rare: 6 mins	200 °C	Turn over halfway through the total cooking time.
Hamburger	100–500 g	15–20 mins	180 °C	Turn over halfway through the total cooking time.
Pork chops	100–500 g	18–25 mins	175 °C	Turn over halfway through the total cooking time.
Chicken breast	100–500 g	18–22 mins	180 °C	Always check that chicken is cooked thoroughly.
Chicken drumsticks	100–500 g	15–20 mins	180 °C	Always check that chicken is cooked thoroughly.

## Snacks and Sides

Food	Amount	Approx. Cooking Time	Temperature
Frozen chicken nuggets	100–500 g	10–15 mins	200 °C
Spring rolls	100–400 g	6–10 mins	200 °C
Stuffed vegetables	100–400 g	12–15 mins	160 °C

## Bakes and Cakes

Food	Amount	Approx. Cooking Time	Temperature
Quiche	400 g	8–15 mins	160 °C
Cake	300 g	30 mins	155 °C

## A Step by Step Guide to Making Chips

### Home-made Chips

**STEP 1:** Cut the potato into chips approx. 1 cm wide.

**STEP 2:** Place the chopped potatoes into a pan of cold water. Bring water to the boil and parboil the potatoes for approx. 3 minutes.

**STEP 3:** Preheat the hot air fryer to 200 °C.

**STEP 4:** Drain the water from the potatoes and dry thoroughly using kitchen towel.

**STEP 5:** Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the cooking basket. Check they are fully coated for best results.

**STEP 6:** Cook at 200 °C for 15–20 minutes.

**STEP 7:** Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

**STEP 8:** Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

### Frozen Chips

**STEP 1:** Preheat the hot air fryer to 200 °C.

**STEP 2:** Add 300–700 g of frozen chips into the non-stick cooking basket.

**STEP 3:** Cook for 12–16 minutes.

**STEP 4:** Shake the chips regularly (approx. every 6 minutes) to make sure that they cook evenly.

**STEP 5:** Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

### Storage

Check that the air fryer is cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the air fryer; wrap it loosely to avoid causing damage.

### Specifications

Product code: EK4490P

Input: 220–240 V ~ 50/60 Hz

Output: 1300–1500 W



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# DELICIOUS HEALTHY FOOD

**Recipe ideas**



## Breaded Fish Fillets

### Ingredients

2 300 g cod fillets/loins (even in size for the best cooking results)	1 egg, beaten	Basil, dried and chopped
100 g breadcrumbs	5 tbsp plain flour	Spray oil
	3 tbsp Parmesan cheese, grated finely	Salt and pepper, to taste

### Method

Add some plain flour to a medium sized bowl and coat the cod fillets in the flour.

In another bowl, mix together the breadcrumbs, Parmesan and basil. Dip the fillets into the egg and then coat the fish in the breadcrumb mixture. Add salt and pepper to taste.

Preheat the hot air fryer to 190 °C.

Spray the fish with oil on all sides, place the fillets into the non-stick coated cooking basket and cook for approx. 15–20 minutes or until golden brown.

## Chicken Nuggets

### Ingredients

15 cream or plain crackers	2 tbsp butter	Zest of 1 lemon (optional)
3 skinless chicken breast fillets, cut into 2–3 cm pieces	2 tbsp dry parsley or 4 sprigs fresh parsley (optional)	Spray oil
3 garlic cloves (optional)	Plain flour	Salt and pepper, to taste
2 medium eggs		

### Method

To prepare the crumb mix, peel the garlic and zest the lemon. Put the crackers into a food processor with the butter, garlic, parsley, lemon zest and a pinch of salt and pepper and then process until the mixture is very fine. Pour these crumbs onto a plate.

Sprinkle the flour onto a second plate, crack the eggs into a small bowl and beat with a fork. Roll the chicken pieces in the flour until all sides are completely coated and then dip them into the egg, followed by the flavoured crumbs. Rub the crumbs onto the chicken pieces so that they stick; the chicken pieces should be totally coated.

Preheat the hot air fryer to 200 °C.

Spray the chicken pieces on all sides with oil and cook them in the non-stick coated cooking basket for approx. 10–15 minutes or until cooked through, golden and crisp.

## Crispy Fried Chicken

### Ingredients

3 chicken legs/thighs	1 tbsp Dijon mustard	Spray oil
300 g cornflakes	½ tbsp cayenne pepper	Salt and pepper, to taste
32 g plain flour	2 tsp paprika	
90 ml buttermilk	1 tsp ground sage	

### Method

In a wide bowl or on a plate, season the flour with salt and pepper. Dip the chicken into the flour so that it is fully coated, tap against the bowl to shake off any excess flour and set aside. Discard the unused flour.

Place the cornflakes into a big, resealable bag, making sure that there is no air in the bag before sealing, and then run a rolling pin over the bag to crush. Pour the crushed cornflakes into a wide bowl or onto a plate.

In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage. Dip the chicken pieces into the buttermilk mixture and then roll in the crushed cornflakes.

Preheat the hot air fryer to 200 °C.

Arrange the chicken pieces in the non-stick coated cooking basket, spray all over with oil and cook for approx. 5–10 minutes.

Reduce the temperature to 190 °C and cook for a further 15–20 minutes for thighs and 5–10 minutes for legs.

## Pork Chops

### Ingredients

4 pork chops	Salt and pepper, to taste
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### Method

Preheat the hot air fryer to 180 °C.

Season the pork chops with salt and pepper.

Add the pork chops to the non-stick coated cooking basket and cook for approx. 18–20 minutes.

The time it takes to cook the pork chops depends upon preference; flip them halfway through cooking for even colour and caramelisation.





## Peppercorn Steak

### Ingredients

400 g sirloin steak (1.5 cm–2.5 cm thick)	2 tbsp Worcestershire sauce	1 tbsp green peppercorns
50 g unsalted butter	2 tbsp brandy	Black and white
2 shallots, finely diced	2 tbsp double cream	peppercorns, to taste
100 ml beef stock	1 tbsp Dijon mustard	Salt and pepper, to taste
	1 tbsp olive oil	

### Method

Dry the steaks with kitchen paper and press the black and white peppercorns into both sides. Cover with foil or plastic film and then refrigerate for approx. 2–3 hours.

Preheat the hot air fryer to 180 °C.

Place the steak into the non-stick coated cooking basket and cook for approx. 6 (rare), 8 (medium) or 10 (well done) minutes depending on preference. Turn the steak halfway through to caramelise on both sides.

Meanwhile, make the sauce. Heat the oil and butter in a fry pan and cook the shallots over a medium heat, until soft. Add the Worcestershire sauce, brandy and stock to the fry pan. Cook rapidly, scraping the bottom of the fry pan to incorporate the flavours. Add the green peppercorns, mustard and cream, then season to taste.

Remove the meat from the hot air fryer and leave to rest for approx. 5 minutes before cutting diagonally into slices. Add the meat to the sauce. Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.

## Roasted Vegetables

### Ingredients

8 cherry tomatoes on the vine	3 large chestnut	1 courgette, sliced at an angle
5 garlic cloves, left whole with skins still on	mushrooms, quartered	2 tbsp olive oil
5 small new potatoes, skins scrubbed not peeled	1 white onion, quartered	1 tsp mixed herbs
	1 red pepper, sliced	Salt and pepper, to taste
	1 yellow pepper, sliced	

### Method

Preheat the hot air fryer to 200 °C.

Place all of the ingredients into a large, round dish or bowl, coated in olive oil. Season to taste and sprinkle on the mixed herbs. Place into the non-stick coated cooking basket and cook for approx. 20–25 minutes. Stir halfway through to ensure that all of the vegetables are cooked through.

**Note:** Alternatively, the ingredients can be placed directly into the non-stick coated cooking basket.

## Roast Potatoes

### Ingredients

900 g potatoes, quartered      6 tbsp olive oil      Salt and pepper, to taste

### Method

Half-fill a large saucepan with cold water. Put the potatoes in the pan; add a pinch of salt and cover. As soon as the water boils, reduce the heat and cook for approx. 6 minutes.

Drain the potatoes and shake them in a colander to roughen the edges.

Preheat the hot air fryer to 200 °C.

Place the potatoes into the non-stick coated cooking basket and drizzle with the oil. Cook for approx. 15 minutes. Carefully turn them over and cook for a further 15 minutes. Check that the potatoes do not burn; cover them with foil if necessary.

## Sweet Potato Wedges

### Ingredients

3 sweet potatoes, cut into      4 tbsp olive oil      Salt and pepper, to taste  
small wedges      1 tsp chilli flakes

### Method

Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water.

Put the potato wedges into a bowl, pour over the oil and mix to cover evenly. Add the chilli flakes, season with salt and pepper to taste and stir to combine.

Preheat the hot air fryer to 200 °C.

Place the potato wedges into the non-stick coated cooking basket and cook for approx. 18–25 minutes, until the potatoes are tender and golden brown.

It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the wedges are cooked evenly.

Sprinkle with sea salt to serve.

## Onion Rings

### Ingredients

2 large onions	90 ml buttermilk	Salt and pepper, to taste
45 g plain flour	Spray oil	

### Method

Wash, peel, and cut the onions into 5 mm thick rounds and then separate the rounds into rings. In a wide bowl or on a plate, season the flour with salt and pepper. Dip the onion rings into the flour so that they are fully coated, tap against the bowl to shake off any excess flour and set aside.

Dip the onion rings into the buttermilk until fully coated.

Shake off excess buttermilk, and coat the onion rings in flour a second time.

Preheat the hot air fryer to 200 °C.

Spray the onion rings with oil, place them into the non-stick coated cooking basket and cook for approx. 5–8 minutes or until golden brown.

It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the onion rings are cooked evenly.

Season and serve.

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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.

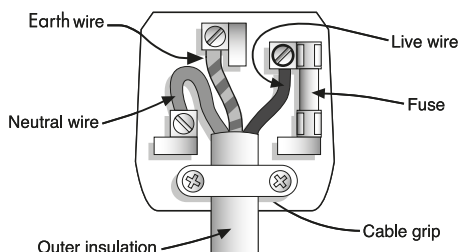
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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.

### **Disposal of Waste Batteries and Electrical and Electronic Equipment**



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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\*To be eligible for the extended guarantee,  
go to **guarantee.upgs.com/progress/** and register your  
product within 30 days of purchase.

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