

PROGRESS®

Est. 1931

LUNAR
HEALTH GRILL⁺
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.

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, 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 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 heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.

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 of the appliance may get hot during operation.



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

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Take care not to pour water on the heating element.

WARNING: Keep the appliance away from flammable materials.

Care and Maintenance

Before attempting any cleaning or maintenance, unplug the health grill from the mains power supply and check that it has fully cooled.

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

STEP 2: Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

STEP 3: Remove baked on food by applying a small amount of warm water mixed with a mild detergent to the non-stick coated cooking plates, then wipe them clean with a paper towel or nonabrasive scourer.

Do not immerse the health grill in water or any other liquid.

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

NOTE: The health grill should be cleaned after every use.

WARNING: The drip tray will gather oil and fat, which may still be hot after use. Allow it to cool fully before carefully removing the drip tray for cleaning.

Description of Parts



- | | |
|---------------------------|---------------------------------|
| 1. Health Grill main unit | 6. Orange power indicator light |
| 2. Upper housing | 7. Green ready indicator light |
| 3. Lower housing | 8. Drip tray |
| 4. Non-stick plate(s) | 9. Oil channel |
| 5. Stainless steel handle | |

Instructions for Use

Before First Use

Clean the health grill following the instructions outlined in the section entitled 'Care and Maintenance'.

STEP 1: Check that the health grill is switched off and unplugged from the mains power supply.

STEP 2: Wipe the health grill housing with a soft, damp cloth and dry thoroughly.

Do not immerse the health grill in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the health grill or its accessories, as this could cause damage.

NOTE: When using the health grill 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 health grill.

Using the Health Grill

STEP 1: Position the drip tray underneath the end of the oil channel.

STEP 2: Prepare the ingredients that are to be cooked.

STEP 3: Plug in and switch on the health grill at the mains power supply. The orange and green indicator lights will illuminate, signalling that the health grill has been switched on.

STEP 4: Preheat the health grill for approx. 2-3 minutes. The green ready indicator light will turn off once the required temperature has been reached.

STEP 5: Place the prepared ingredients onto the lower cooking plate and then close the lid.

STEP 6: Once cooking is complete, carefully open the lid (if required) and remove the food with a heat-resistant plastic or wooden spatula.

STEP 7: Switch off and unplug the health grill from the mains power supply.

STEP 8: Leave the lid open and allow to cool.

STEP 9: Use a heat-resistant plastic or wooden spatula to channel any excess oil into the drip tray.

NOTE: Always preheat the non-stick plates before starting to cook. Carefully apply a thin coat of cooking oil to the non-stick plates, rubbing it in carefully with a paper towel. This will help to prolong the life of the non-stick coating.

During use the green ready indicator will cycle on and off to signal that the health grill is maintaining the selected temperature.

Using the health grill as a griddle plate will increase the amount of runoff; exercise caution and empty the drip tray regularly to prevent it from overflowing.

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

Take care when placing food onto the non-stick plates. Fatty, oily or wet ingredients may create splashback, which could cause injury.

WARNING: Exercise caution during cooking; the health grill will emit steam.

Storage

Check that the health grill is cool, clean and dry before storing in a cool, dry place.

Never store the health grill whilst it is wet.

Never wrap the cord tightly around the health grill; wrap it loosely to avoid causing damage.

Specifications

Product code: EK4585PMG

Input: 220–240 V ~ 50/60 Hz

Output: 1190–1420 W

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HEALTHY GRILLED SNACKS

Recipe ideas



*Any recipe images used in this instruction manual are intended for illustrative purposes only.

Recipes

Rosemary Shrimp Skewers with Rocket and White Bean Salad

Skewers are required for this recipe.

Ingredients

680 g large shrimps, shelled
and cleaned with tails on Skewers

For the marinade

3 garlic cloves, crushed
3 tbsp extra virgin olive oil
3 tbsp lemon juice
2 tsp fresh rosemary, finely chopped
Salt and pepper, to taste

For the salad

425 g cannellini beans, rinsed and drained
142 g baby rocket
1 garlic clove, minced
½ small red onion, thinly sliced
2 tsp lemon juice
1 tsp extra virgin olive oil
Pinch of sugar
Salt and pepper, to taste

Method

Combine the olive oil, lemon juice, crushed garlic cloves and rosemary in a large bowl or sealable container; season to taste with the salt and pepper.

Add the shrimps to the mixture and coat thoroughly in the marinade. Seal the bowl with shrink wrap or the lid of the container and refrigerate for approx. 15 minutes.

Preheat the health grill once the shrimps are marinated.

Thread the shrimps onto the skewers.

Place the loaded skewers onto the health grill, close the lid and cook for approx. 3 minutes, until the shrimps are pink.

Whilst the shrimps are cooking, create the salad by mixing the minced garlic, sugar, olive oil, lemon juice, salt and pepper in a large bowl. Add the rocket, cannellini beans, and onion; toss to combine.

Serve the salad on one side of a large platter and arrange the shrimp skewers alongside to serve.

Tikka-style Fish

Ingredients

2 900 g whole sea bream, red snapper or 6 fish steaks, tuna or similar	6 tbsp plain yoghurt 2 tbsp finely grated fresh root ginger	2 tsp turmeric 2 tsp mild chilli powder Salt, to taste
4 garlic cloves, finely grated or crushed	2 tbsp olive oil 3 tsp cumin seeds	

Method

Preheat the health grill.

If using whole fish, score the skin on each side.

Combine the ginger and garlic, season with salt and then rub all over the fish.

Mix the yoghurt with the oil, spices and seasoning. Coat the fish inside and out with the mixture, then refrigerate until ready to cook.

Place the fish onto the health grill, close the lid and cook for approx. 4–5 minutes, until the fish is cooked (cooking times will be reduced to approx. 3–4 minutes for tuna or similar fish).

Serve with a fresh, crispy salad.

Grilled Chicken with Mozzarella Cheese

Ingredients

4 boneless chicken breasts	2 tsp fresh rosemary, chopped	¼ tsp black pepper
8 slices Mozzarella cheese	½ tsp garlic powder	Basil to garnish
4 tomatoes, sliced	¼ tsp salt	
3 tbsp olive oil		

Method

Preheat the health grill.

Slit each of the chicken breasts horizontally to make a pocket and then fill with the sliced tomato and mozzarella cheese.

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

Place the chicken breasts onto the lightly oiled griddle plate and cook for approx. 9 minutes per side or until the juices run clear and the chicken is no longer pink.

Remove from the health grill and arrange on serving plates.

Garnish with basil.



Home-made Beef Burgers

Ingredients

350 g freshly ground beef	1 tsp dried mixed herbs	Salt and freshly ground
1 egg	(thyme and oregano)	black pepper

Method

Preheat the health grill.

Mix the beef and herbs together in a mixing bowl, add the egg and season well.

Divide into 2 portions and shape into burgers.

Place the burgers onto the health grill, close the lid and cook for approx. 7–9 minutes or until thoroughly cooked and browned.

Serve in burger buns with a green salad.

Chicken Quesadillas

Ingredients

2 flour tortillas	4 spring onions,	1 tbsp pitted black olives,
80 g cooked chicken,	finely chopped	finely chopped
shredded (or turkey can be	1 small finely chopped	Salt and pepper
used if preferred)	red chilli pepper	
10 g butter, melted	2 tbsp grated	
	cheddar cheese	

Method

Preheat the health grill.

Coat one side of each tortilla with a little melted butter.

Place all of the other ingredients into a bowl and mix well.

Season with salt and pepper, to taste and divide the mixture equally between the 2 tortillas.

Fold each tortilla in half and lightly brush with the remaining butter.

Place the tortillas onto the health grill, close the lid and cook for approx. 6 minutes or until the chicken is hot, the cheese has melted and the tortillas are lightly golden brown and crispy.

Serve warm with salsa or salad.

**UP Global Sourcing UK Ltd.,
UK. Manchester OL9 0DD.
Germany. 51149 Köln.**

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