

PROGRESSby



Omelette Maker

Instruction Manual



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 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.

Care and Maintenance

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

STEP 1: Wipe the Omelette 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 Omelette Maker in water or any other liquid.

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

NOTE: The Omelette Maker should be cleaned after each use.

Description of Parts



1. Omelette Maker main unit

2. Upper housing

3. Lower housing

4. Cool-touch handle

5. Red power indicator light

6. Green ready indicator light

7. Non-stick cooking plates

8. Non-slip feet

Instructions for Use

Before First Use

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

Do not immerse the Omelette Maker in water or any other liquid.

NOTE: When using the Omelette 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 Omelette Maker.

Using the Omelette Maker

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

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

STEP 3: Preheat the Omelette Maker; this will take approx. 2–3 minutes. The green ready indicator light will switch off once the required temperature has been reached.

STEP 4: Carefully open the lid using heat-resistant gloves.

STEP 5: Pour the prepared omelette mixture evenly between the two non-stick cooking plates and then close the lid.

STEP 6: Cook the omelette mixture for approx. 5 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 heat-resistant gloves to carefully open the lid and then remove the cooked omelette using a heat-resistant plastic or wooden spatula.

STEP 8: When cooking multiple omelettes, close the lid after removing each omelette to maintain the heat and wait for the green ready indicator light to switch on before adding further ingredients.

STEP 9: Switch off and unplug the Omelette 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. During use the green ready indicator light will cycle on and off to signal that the Omelette Maker is maintaining temperature.

To prolong the life of the non-stick coating, carefully apply a thin coat of cooking oil to the non-stick cooking plates.

Some ingredients, such as tomatoes and onions, can be partially cooked on the non-stick cooking plates before adding the omelette mix if required. For more filling ideas, see the recipe section in the full instruction manual online.

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 Omelette Maker will emit steam. Never use the Omelette Maker with the lid open.

Storage

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

Specifications

Product code: EK5317WW

Input: 220–240 V~ 50–60 Hz

Output: 750 W

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Recipes

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



Mediterranean Omelette

0–6

PersonalPoints™ range per serving

Serves 1

Ingredients

3 medium beaten egg
100 g courgette grated
100 g red pepper sliced
1 large tomato thinly sliced
1 garlic clove crushed
½ teaspoon paprika
1 tsp oregano dried

Method

Preheat the omelette maker and mist with cooking spray. Whisk the eggs with the courgette, pepper, garlic, paprika and oregano – plus some seasoning. Add the egg mixture to the omelette maker. Leave to set for a few minutes. Approx. 6–8 minutes. Once cooked, arrange the tomato slices over the omelette. Serve.



Griddled Chicken with Mediterranean Orzo Salad

8–11

PersonalPoints™ range per serving

Serves 4

Ingredients

200 g orzo pasta
4 x 165 g skinless chicken breast fillets
75 g sundried tomatoes in oil, drained
(reserve 1 ½ tbsp of the oil)
50 g feta cheese
2 figs
1 lemon zest and juice, plus wedges to serve
½ cucumber, finely diced
16 pitted black olives in brine, drained and sliced
4 spring onions, trimmed and finely sliced
½ apple

Method

Bring a large pan of water to a boil. Reduce the heat to a simmer and cook the orzo for 8–10 minutes, or until tender. Drain and rinse under cold running water, then drain well. Meanwhile, put the chicken between two pieces of plastic film and bash with a rolling pin to flatten the chicken to a thickness approx. 1 cm. Season then add into a plastic food bag, along with 1 tbsp of the sundried tomato oil and the lemon zest. Massage into the chicken, then seal and set aside for 5 minutes. Grill the chicken for 5 minutes on each side. Transfer to





a plate and cover with kitchen foil, then let it rest for 5 minutes before cutting into thick slices. In a bowl, combine the orzo, cucumber, olives, spring onions, feta cheese, figs and apple. In a small bowl, whisk together the remaining $\frac{1}{2}$ tbsp of sun-dried tomato oil and the lemon juice, then season to taste and toss with the salad. Serve the salad and chicken with the lemon wedges on the side.

Notes

Serve the salad with griddled skinless salmon fillets instead of chicken. Remember to adjust points accordingly.

Goats Cheese Tomato Omelette

7-10

PersonalPoints™ range per serving

Serves 1

Ingredients

50 g sundried tomatoes, sliced
40 g medium-fat soft goat's cheese, crumbled
3 egg whites
1 large egg
Calorie-controlled cooking spray
 $\frac{1}{2}$ tbsp fresh chives, finely chopped
 $\frac{1}{2}$ tbsp fresh parsley, finely chopped



Method

In a mixing bowl, whisk together the egg, egg whites, seasoning, sundried tomatoes, chives until frothy and combined.

Preheat the omelette maker and mist with cooking spray. Add the egg mixture evenly to the cooking plate. Cook for approx. 6–8 minutes. Scatter the cheese and parsley over and serve.

Chicken and Avocado Wrap with Sriracha Mayo

6–10

PersonalPoints™ range per serving

Serves 1

Ingredients

75 g grilled chicken breast, shredded
30 g avocado, destoned and sliced
1 individual Weight Watchers white wrap
15 ml sriracha sauce
1 tbsp reduced-fat mayonnaise
1 tbsp lemon juice



Method

Put the reduced-fat mayonnaise and the sriracha sauce into a small bowl and mix until combined.

Preheat the omelette maker and mist with cooking spray. Grill the chicken for 5 minutes on each side. Transfer to a plate, cover with kitchen foil and let it rest for 5 minutes before cutting into thick slices.

Spread the sriracha mayo onto the tortilla and top with the chicken breast and avocado. Drizzle the lemon juice over the top and roll up the tortilla to serve.

Notes

For a milder taste, use a tablespoon of ketchup instead of sriracha.

Mushroom and Spinach Omelette

0–5

PersonalPoints™ range per serving

Serves 1

Ingredients

75 g chestnut mushrooms, sliced
25 g spinach
2 large eggs
1 garlic clove, crushed
Calorie-controlled cooking spray

20 ml semi-skimmed milk
6 tsp fresh tarragon
1 tsp wholegrain mustard
A handful of mixed salad leaves

Method

Preheat the omelette maker and mist with cooking spray add the mushrooms and cook until softened Add the garlic and spinach and cook until the spinach has wilted. Then stir in the tarragon and mustard. Season and transfer to a small bowl.

Wipe the omelette maker clean. Lightly whisk the eggs and milk together in a small bowl. Pour the egg mixture in the omelette maker and cook for approx. 6–8 minutes Top with the mushroom and spinach mixture and serve with mixed salad leaves and freshly ground black pepper.



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.

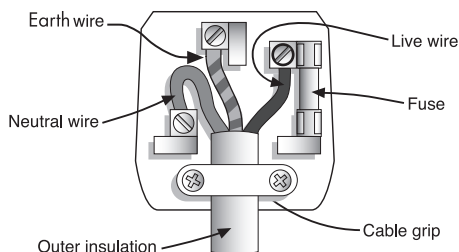
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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 WW Customer Services Department via web chat at **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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3 YEAR GUARANTEE*

*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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