

PROGRESSby



Health Grill

Instruction Manual



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, and clean 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.

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 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 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.

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.



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

Do not use this product to cook or defrost frozen food.

Take care not to pour water on the heating element.

WARNING: Keep the appliance away from flammable materials.

Care and Maintenance

STEP 1: Before attempting any cleaning or maintenance, unplug the health grill from the mains power supply and check that it has fully cooled.

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

STEP 3: Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

STEP 4: 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.

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. Red power indicator light |
| 2. Upper housing | 7. Green ready indicator light |
| 3. Lower housing | 8. Drip tray |
| 4. Non-stick coated cooking plates | 9. Oil channel |
| 5. Handle | 10. Floating hinge |

Instructions for Use

Before First Use

STEP 1: Before connecting to the mains power supply, wipe the health grill housing with a soft, damp cloth and dry thoroughly.

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

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: Prepare the ingredients that are to be grilled. Align the drip tray under the oil channel and slide into place. The drip tray should sit freely, directly under the oil channel.

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

STEP 3: Preheat the health grill for approx. 3 minutes. The green ready indicator light will illuminate once the required temperature has been reached.

STEP 4: Place the prepared ingredients onto the lower non-stick coated cooking plate and then close the lid.

STEP 5: Cook the food for approx. 3–8 minutes, depending upon the type of ingredients.

STEP 6: Once cooking is complete, carefully open the lid 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. Leave the lid open and allow to cool.

STEP 8: Carefully pull the drip tray away from the health grill main unit and dispose of the contents.

NOTE: Always preheat the non-stick coated cooking plates before starting to cook. Carefully apply a thin coat of cooking oil to the non-stick coated cooking 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 indicate that the health grill is maintaining the temperature.

CAUTION: The non-stick coated cooking plates get very hot during use; always use heat-resistant gloves to avoid 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: EK5316

Input: 220–240 V ~ 50/60 Hz

Output: 1000 W

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Recipes

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



Steak and Black Bean Salad

4-7

PersonalPoints™ range per serving

Serves 4

Ingredients

500 g beef rump steak, fat trimmed
400 g tinned black beans in water
250 g cherry tomatoes, halved
100 g watercress
2 corn on the cobs, boiled
2 red peppers, deseeded and cut into strips
½ medium red onion, finely sliced
1 tbsp lime juice, plus wedges to serve
½ tsp ground cumin
½ tsp dried coriander
½ tsp chilli powder, plus extra to serve
Calorie-controlled cooking spray

Method

Preheat the grill until the green ready indicator light comes on.

Grill the corn for approx. 15 minutes, turning often, until tender and charred. Set aside to cool. Grill the peppers for approx. 2 minutes, turning until tender. Set aside with the corn. Mist both sides of the steak with cooking spray and rub with the ground cumin, dried coriander and chilli powder. Grill for approx. 2 minutes on each side and then transfer to a plate. Cover and set aside to rest for 5 minutes.

Meanwhile, use a sharp knife to remove the corn kernels from the cob. Toss the corn, with the black beans, tomatoes, watercress, peppers, red onion, olive oil and lime juice. Season to taste and sprinkle over the extra chilli powder.

Cut the steak into thin slices. Top the black bean salad with the steak and serve with lime wedges on the side.





Tex-Mex Turkey Steaks with Sweetcorn Salad

1-6**PersonalPoints™ range per serving****Serves 4**

Ingredients

4 x 125 g turkey breast steaks
400 g frozen sweetcorn kernels
2 spring onions, trimmed and thinly sliced
1 tomato, diced
1 green chilli, deseeded and diced
1 green pepper, deseeded and finely chopped
2 tbsp fresh coriander, chopped
2 tbsp lime juice, plus wedges to serve
2 tsp extra-virgin olive oil
Pinch of cayenne pepper
Calorie-controlled cooking spray



Method

Preheat the grill until the green ready indicator light comes on.

Boil the sweetcorn in a pan of water for approx. 4–5 minutes until tender. Drain and transfer to a serving bowl. Leave to cool, then add the spring onions, tomato, green chilli, green pepper, coriander, lime juice and olive oil. Toss to combine the ingredients and season to taste.

Season the turkey steaks and sprinkle with cayenne pepper. Mist with the calorie-controlled cooking spray and cook for approx. 5 minutes on each side, until cooked through and golden. Serve the turkey steaks and the sweetcorn salad with the lime wedges for squeezing over.

Chicken and Halloumi Skewers

6-8

PersonalPoints™ range per serving

Serves 4

Ingredients

2 x 165 g skinless chicken breast fillets,
cut into chunks
220 g light halloumi, cubed
200 g fat-free natural yoghurt
60 g rocket, to serve
4 sprigs fresh thyme, leaves picked
1 red pepper, deseeded and cut into chunks
1 courgette, cut into chunks
1 red chilli, deseeded and finely chopped
½ lemon, zested and juiced
1 tbsp harissa paste
½ tbsp extra-virgin olive oil

Method

For the marinade, mix the lemon zest, lemon juice, thyme leaves, red chilli and olive oil in a small bowl.

Put the chicken, halloumi, pepper and courgette in a medium bowl. Drizzle over the marinade and stir to combine. Cover with plastic wrap and chill in the fridge for 2 hours. Meanwhile, soak 4 wooden skewers in a shallow dish of cold water for at least 10 minutes. Preheat the grill until the green ready indicator light comes on.

Thread the marinated ingredients onto the skewers. Grill for 10 minutes, turning halfway through, until the chicken is golden and cooked through.

Put the yoghurt and harissa paste in a small bowl and stir to combine.

Drizzle the skewers with the harissa yoghurt and serve with the rocket leaves on the side.





Grilled Salmon with Green Rice and Salsa

1-14**PersonalPoints™ range per serving****Serves 4**

Ingredients

4 x 130 g salmon fillets
250 g basmati rice, rinsed
50 g fresh flat-leaf parsley, finely chopped
25 g fresh coriander, finely chopped
4 spring onions, finely chopped, reserving some for garnish
4 garlic cloves, finely sliced
3 ripe tomatoes, finely chopped
½ cucumber, finely chopped
1 lime, zested and juiced
700 ml fish stock, made with 2 stock cubes
1 tbsp water
Salt and pepper, to taste
Calorie-controlled cooking spray

Method

Preheat the oven to 220 °C, fan 200°C, gas mark 7.

Mist a non-stick pan with the cooking spray and fry most of the spring onions with the garlic, parsley, coriander (reserving 1 tbsp) and water over a medium heat until softened and highly fragrant. Add the rice and stock to the pan and stir to combine. Cover with a lid and bring to the boil. Simmer for approx. 15 minutes until the rice is tender.

Meanwhile, preheat the grill until the green ready indicator light comes on.

Season the salmon fillets and mist with the cooking spray. Place the fillets on the grill and cook for approx. 15 minutes until cooked through.

Whilst the salmon is cooking, combine the spring onions, tomatoes, cucumber, lime zest and lime juice to make the salsa. Season to taste.

Place the salmon on a bed of rice and serve with the salsa.



Grilled Street Corn

0-5

PersonalPoints™ range per serving

Serves 4

Ingredients

250 g 0 % fat natural Greek yoghurt

4 corn on the cobs

3 tbsp fresh coriander

1 ½ tbsp lime juice

½ tsp salt

¼ tsp black pepper

¼ tsp chilli powder

Method

Preheat the grill until the green ready indicator light comes on.

In a small bowl, mix the yoghurt and lime juice. Season to taste and set aside.

Cut the corn on the cobs lengthways and grill for approx. 10 minutes, turning occasionally, until tender and lightly charred in spots.

Remove the corn from the grill and generously brush with the yoghurt mixture. Season with the chilli powder salt. Garnish with coriander and serve warm.





Vegan Caprese Panini

11-12

PersonalPoints™ range per serving

Serves 4

Ingredients

4 x 85 g panini rolls, halved
 250 g firm tofu
 10 g nutritional yeast
 4 large tomatoes, sliced
 250 ml unsweetened almond milk
 3 ½ tbsp cornflour
 3 tbsp vegan mayonnaise
 1 tsp lemon juice
 Small handful fresh basil leaves
 Calorie-controlled cooking spray



Method

To make the vegan 'mozzarella cheese', put the tofu, almond milk, cornflour, nutritional yeast and lemon juice into a blender and blitz until smooth. Transfer the mixture to a small pan and place over a medium heat. Cook for 8–10 minutes, whisking constantly until thick. Pour the mixture into two ramekins. Leave to cool, then place in the fridge to chill for 1 hour and 30 minutes, or until set.

Carefully remove the vegan 'mozzarella cheese' out of the ramekins and cut into 5 mm-thick slices. Set aside.

Preheat the grill until the green ready indicator light comes on.

Meanwhile, spread the vegan mayonnaise over the panini rolls. Layer the tomatoes, basil leaves and vegan 'mozzarella cheese' on the bottom half of the panini. Season to taste and add the top half of the rolls. Mist all over with the cooking spray. Place the paninis on the grill and cook for 2–3 minutes on each side until the vegan 'mozzarella cheese' is melting and the rolls are golden. Serve immediately.

Notes:



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.

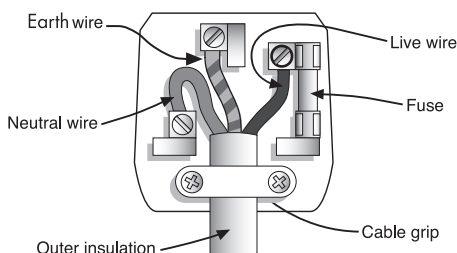
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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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