

PROGRESSby



Dual
Air Fryer
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 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 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.



Automatic Switch-off

The air fryer is fitted with an automatic switch-off. This may activate if the set cooking time has elapsed, causing the timer to sound and the automatic switch-off to activate, turning off the air fryer.

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 cooking compartments are securely fitted before use. Not doing so will prevent the air fryer from operating.

Only hold the cooking compartments by the cooking compartment handle. Take care when removing the cooking compartments, as steam may be emitted.

DO NOT:

Invert the cooking compartments with the non-stick coated cooking trays still attached, as they may fall out and excess oil that may have collected at the bottom of the cooking compartments may pour out onto the plate.

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

Fill the cooking compartments with oil or any other liquid.

Touch the cooking compartments during or straight after use, as they get very hot; only hold each cooking compartment by the cooking compartment handle.

Care and Maintenance

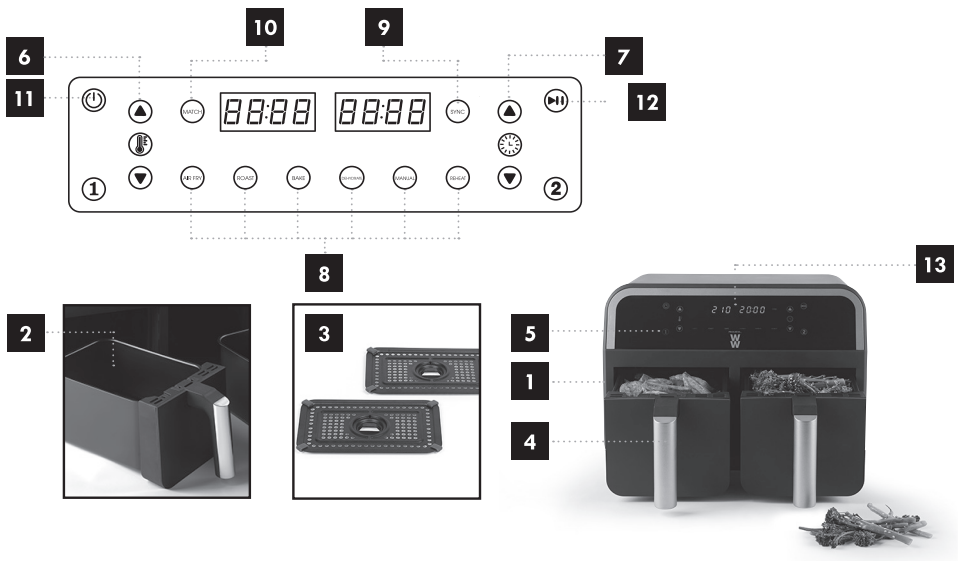
Before attempting any cleaning or maintenance, switch off and unplug the air fryer from the mains power supply and allow it to fully cool.

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

STEP 2: Clean the non-stick coated cooking trays and the cooking compartments 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. Dual Air Fryer main unit | 7. Time control buttons |
| 2. Cooking compartment (qty. 2) | 8. Function buttons |
| 3. Non-stick coated cooking tray (qty. 2) | 9. Sync cook button |
| 4. Cooking compartment handle | 10. Match cook button |
| 5. Digital control panel | 11. Power button |
| 6. Temperature control buttons | 12. Start/pause button |
| | 13. LED display |



Instructions for Use

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 trays and the cooking compartments in warm, soapy water, then rinse and dry thoroughly.

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.

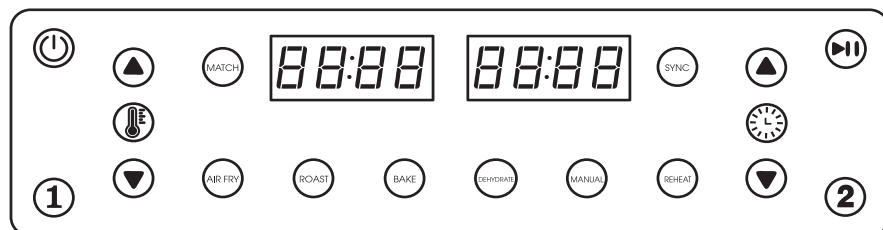
Assembling the Dual Air Fryer

STEP 1: Fit the non-stick coated cooking trays into the cooking compartments, checking that they are seated securely.

STEP 2: Slide the cooking compartments into the air fryer main unit, checking that the cooking compartment numbers match the display numbers.

NOTE: The air fryer comes preassembled. The cooking compartments should be closed securely before use, as not doing so will prevent the air fryer from working.

Using the 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 being powered. Tap the power button to switch on the air fryer.

Manual setting

The time and temperature can be set manually; time and temperature values are dependent on the food being cooked.

Lines will appear on the LED display, indicating the air fryer is ready to be programmed. Select the relevant compartment by tapping '1' or '2'. To adjust the setting manually, press the manual button then the time control buttons to change the cooking time, up to a max. of 60 mins (or up to a max. of 12 hours for dehydration). Tap the temperature control buttons to adjust the cooking temperature, from 40 to 210 °C (or max. 90 °C for dehydration). To use only one compartment, do not select any settings for the other. Press the start/pause button to begin cooking.

NOTE: Refer to the recipe booklet for additional information and cooking guidelines.

Preset Functions

Time and temperature settings can be set using the function buttons, which automatically cycle between time and temperature presets for cooking various foods when pressed. These presets can then be adjusted using the time and temperature control buttons as required. The time and temperature control buttons may be held down in order to quickly adjust the time or temperature.

Once time and temperature have been set, press the start/pause button to begin heating. Time and temperature can be changed during use.

Once cooking is complete and the preset time has elapsed, the timer will sound and the air fryer will switch off.

During cooking, the time and temperature can be adjusted at any time by tapping the drawer number and using the time and temperature control buttons.

If the cooking compartment is removed during cooking, cooking will be paused; reinsert the cooking compartment to resume the cooking process.

To switch off the air fryer, press and hold the power button.

Using the Sync Cook Setting

When cooking different foods in each compartment with different times and temperatures, use the 'sync' setting so that both compartments finish cooking at the same time.

Use the sync setting when using both cooking compartments to cook different foods; cooking will finish at the same time for both compartments.

STEP 1: Tap '1' and set the required settings for the first cooking compartment, following the instructions in the section entitled 'Using the Control Panel'.

STEP 2: Repeat for the second cooking compartment by tapping '2'.

STEP 3: Press the sync cook button; the button will illuminate to signal that the setting has been selected.

STEP 4: Press the start/pause button to begin cooking.



Using the Match Cook Setting

Use the match setting when using both cooking compartments to cook the same foods; cooking will finish at the same time for both compartments.

STEP 1: Tap '1' and set the required settings for the first cooking compartment, following the instructions in the section entitled 'Using the Control Panel'.

STEP 2: Press the match cook button; the button will illuminate to signal that the setting has been selected.

STEP 3: Press the start/pause button to begin cooking.

NOTE: The power button will remain illuminated whilst the unit is plugged in.

Using the Dual 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 display functions will show, indicating the air fryer is ready to be programmed.

STEP 3: Following the instructions in the section entitled 'Using the Control Panel'. Use the time and temperature control buttons to increase or decrease the time or temperature as required.

STEP 4: Once preheated, remove the cooking compartment(s) by pulling it out of the air fryer using the handle. Position the cooking compartment(s) onto a flat, stable, heat-resistant surface.

STEP 5: Place the ingredients into the non-stick coated cooking tray and then slide the cooking compartment(s) back into the air fryer main unit to close it.

STEP 6: Use the digital control panel to set the cooking time and temperature as required for the ingredients. Time and temperature settings can also be set using the function buttons, which automatically cycle between time and temperature presets for cooking various foods when pressed. These presets can then be adjusted using the time and temperature control buttons as required.

STEP 7: Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment(s) from the air fryer main unit using the cooking compartment handle. Shake the cooking compartment(s) gently and then slide back into the air fryer main unit to continue cooking.

STEP 8: Once cooking is complete and the preset time has elapsed, the air fryer will beep several times and show 'END' on the display. The air fryer will then switch off. Check whether the ingredients are ready; if the ingredients are not cooked, close the cooking compartment(s) and replace back into the air fryer main unit. Use the digital control panel to adjust the cooking time accordingly. If the food is cooked, 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. If the cooking time or temperature setting needs to be changed during use, use the time and temperature control buttons, as required.

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(s) and leak onto the ingredients or serving bowl. Exercise caution when opening and closing the cooking compartment(s) 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, switch off and unplug from the mains power supply.

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: EK5315WW

Input: 220–240 V ~ 50/60 Hz

Output: 2200–2400 W

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Recipes

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



Oven-baked Coconut Prawns with a Chilli Dipping Sauce

8-9

PersonalPoints™ range per serving

Serves 6

Ingredients

135 g reduced-sugar marmalade
55 g panko breadcrumbs
50 g desiccated coconut
24 jumbo king prawns
1 egg, beaten
1 medium spring onion, sliced
3 tbsp sweet chilli sauce
1 tbsp lime juice
1 tsp coconut oil
¼ tsp curry powder
A pinch of chilli flakes
Salt and pepper, to taste



Method

Preheat the air fryer to 210 °C.

Combine the desiccated coconut and panko breadcrumbs in a shallow bowl. Heat the coconut oil in a large frying pan over a medium-low heat. Add the panko mixture and toast for 3 minutes, stirring until golden. Remove from the heat. Stir in the curry powder and season with salt. Set aside.

Dip the prawns into the beaten egg and then roll in the panko mixture until fully coated.

Add the prawns to the air fryer compartment and cook for 10–12 minutes.

Meanwhile, mix the marmalade, chilli sauce, lime juice and chilli flakes and season well.

Transfer to a small serving bowl and garnish with the spring onions.

Serve the prawns hot with the dipping sauce on the side.

Note

This versatile dipping sauce goes well with all kinds of shellfish, vegetables and various meat options.



Herb-roasted Chicken with Herbed Rice Salad

0-7

PersonalPoints™ range per serving

Serves 4

Ingredients

300 g brown rice, cooked
 200 g frozen peas
 4 medium chicken breasts
 4 medium spring onions, trimmed and sliced
 4 sprigs of fresh thyme
 2 ½ cloves of garlic, 2 halved, ½ crushed
 1 medium green pepper
 1 medium cucumber, sliced
 2 tbsp lemon juice
 2 tbsp olive oil
 1 tbsp mint sauce
 1 tbsp water
 1 tbsp fresh mint
 1 tbsp fresh coriander
 1 tbsp fresh parsley
 5 tsp cider vinegar
 1 tsp dried sage
 ½ teaspoon mustard powder
 ¼ teaspoon dried mixed herbs
 Salt and pepper, to taste



Method

Preheat the air fryer to 210 °C.

Season the chicken breasts with salt and pepper. Squeeze the lemon juice over the chicken, then sprinkle over the dried sage, chopped parsley and thyme sprigs. Add the seasoned chicken and garlic to the air fryer compartment and cook for 10–15 minutes.

Meanwhile, bring a small pan of water to the boil. Add the peas and cook for 2 minutes, then drain. In a large bowl, combine the cooked rice, cucumber, green pepper, spring onions and peas.

To make the dressing put the olive oil, mint sauce, water, cider vinegar, crushed garlic, mustard powder and dried mixed herbs in a clean jar. Season well, then screw on the lid and shake until combined. Drizzle the dressing over the rice and toss to combine. Mix in the fresh mint and coriander.

Serve the chicken with the rice salad on the side.

Spicy Chilli Chips

1

PersonalPoints™ value per serving

Serves 4

Ingredients

- 1 butternut squash
- 1 tbsp rapeseed oil
- 1 tsp garlic granules
- 1 tsp cayenne pepper
- ½ tsp chilli flakes

Method

Preheat the air fryer to 210 °C.

Peel the butternut squash and use a spoon to remove the seeds and pulp. Cut into chunks and add to a large roasting tin.

Drizzle the rapeseed oil over the butternut squash and toss to coat all the chips. Mix the garlic granules, cayenne pepper and chilli flakes, then sprinkle over the chips and toss to coat. Add the chips to the air fryer compartment and cook for 35–40 minutes or until golden. Serve with various dipping sauces as desired.





Coconut-crusted Cod Fish Fingers

7-13

PersonalPoints™ range per serving

Serves 4

Ingredients

600 g sweet potatoes, peeled
500 g skinless cod, cut into chunks
300 g peas
75 g white bread, torn into chunks
40 g desiccated coconut
1 medium egg, beaten
4 sprays calorie-controlled cooking spray
2 tbsp plain flour, seasoned
1 tbsp reduced-fat mayonnaise



Method

Preheat the air fryer to 180 °C.

Blitz the bread and desiccated coconut in a food processor to form rough breadcrumbs. Spread them onto a baking sheet and mist with the cooking spray. Toast in the oven for around 10 minutes, or until lightly golden, then remove and set aside to cool.

Cut the sweet potato into strips and mist with the cooking spray. Put the strips into one of the air fryer compartments and cook for 30 minutes, or until golden and cooked through. Meanwhile, put the flour, egg and coconut breadcrumbs into three separate bowls. Dust each fish finger in the flour, then dip into the egg and roll in the breadcrumbs until fully coated. Put the fish fingers into the second air fryer compartment and cook for 15 minutes until the breadcrumbs are golden.

Whilst the fish fingers and sweet potato are cooking, boil the peas for 3–4 minutes. Drain the water from the peas and add the mayonnaise. Stir through the coriander and season to taste. Serve the fish fingers and sweet potato chips with the tartare sauce on the side.

Air Fryer Honey Beignets

2

PersonalPoints™ value per serving

Makes 32

Ingredients

440 g strong white flour
85 g honey
1 large egg, beaten
100 ml warm water
50 ml light evaporated milk
4 sprays calorie-controlled cooking spray
2 tsp dried baking yeast
2 tsp icing sugar

Method

Preheat air fryer to 200 °C.

In a small bowl mix the warm water, ½ tsp honey and yeast. Leave for 5–10 minutes until the yeast starts to foam. In a separate bowl whisk the remaining honey, milk and egg. In a large bowl combine both mixtures with 270 g of flour and mix until a smooth batter forms. Gradually add 100 g of flour and mix until a sticky dough is formed. If the mixture is not binding, add a small amount of flour.

Transfer the dough to a clean work surface and knead for 3–4 minutes until the dough is smooth and elastic. If the dough is too sticky to handle, knead with a wet hand. Use a dough scraper to help bring the dough back towards you if needed.

Coat a large bowl with cooking spray. Transfer the dough to the bowl and cover with a clean, damp cloth. Leave the dough to prove for 1–2 hours until it has tripled in size. Alternatively, cover the bowl with plastic wrap and refrigerate overnight. Let the dough sit at room temperature for 2 hours before using.

Lightly flour a rimmed baking tray. Stretch the dough into a 12 x 6 inch rectangle and cut into 32 even pieces. Transfer the beignets to the baking tray. Cover with a damp towel and leave to prove for 35–40 minutes.

Coat the bottom of the air fryer tray with cooking spray. Working in batches, place some of the beignets in the air fryer; leave enough space for the beignets to expand whilst cooking. Bake for 4–6 minutes until golden brown.

Dust the beignets with icing sugar and serve immediately.





Cauliflower 'Wings' with Chickpea Dip

3-4

PersonalPoints™ range per serving

Serves 6

Ingredients

400 g cauliflower
400 g tinned chickpeas, undrained
80 g panko breadcrumbs
2 garlic cloves, crushed
80 ml sriracha sauce
2 tbsp plain soya yogurt
1 tbsp lemon juice
1 tbsp plain white flour
1 ¼ tsp paprika
1 tsp agave syrup
1 tsp cumin
½ tsp garlic powder
½ lemon, zested

Method

Preheat the air fryer to 180 °C.

Reserve the chickpea water and cook the chickpeas as per the instructions on the tin.

To make the batter, put half of the chickpea water into a bowl and whisk until light and foamy. Add the flour and beat until combined.

In a shallow bowl, combine the panko breadcrumbs, paprika, cumin and garlic powder. Season to taste.

Toss the cauliflower in the batter, then roll in the panko breadcrumb mixture to coat. Place in the air fryer compartment and cook for 20 minutes.

Mix together the sriracha and agave syrup and drizzle over the cauliflower. Bake for a further 10 minutes, until golden.

Meanwhile, put the chickpeas and garlic into a food processor and blitz to a chunky purée. Add the soya yogurt, lemon juice and remaining chickpea water and blitz until smooth and combined. Season to taste. Transfer to a small bowl and garnish with the lemon zest. Arrange the cauliflower 'wings' on a platter and serve with the dip.



Stuffed Red and Yellow Peppers

10

PersonalPoints™ value per serving

Serves 4

Ingredients

200 g minced beef	100 ml vegetable stock
100 g white basmati rice, uncooked	4 tbsp parmesan cheese
100 g sliced mushroom	1 tsp tomato puree
4 sprays calorie-controlled cooking spray	1 tsp dried mixed herbs
4 medium spring onions, chopped	1 tsp dried basil
2 medium red peppers, halved	1 tsp salt
2 medium yellow peppers, halved	1 tsp black pepper
1 medium courgette, chopped	

Method

Preheat the air fryer to 180°C.

Mist a large saucepan with the cooking spray. Add the minced beef and cook over a high heat until browned. Add the spring onions, courgette and mushrooms. Fry for 2 minutes.

Stir in the rice, stock, herbs and tomato puree. Cook for 15 minutes until the rice is tender and the stock has been absorbed. Add extra stock or water if needed.

Remove from the heat. Season to taste.

Deseed the halved peppers, fill with the rice mixture and sprinkle with the parmesan. Place the peppers in the air fryer and cook for 15–20 minutes.

Garnish with basil and serve on a bed of salad.

Note

For a vegetarian option, use plant-based mince instead of beef and top with vegan parmesan.



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.

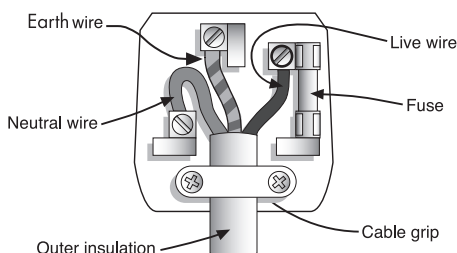
If in doubt, consult a qualified electrician who will be pleased to do this for you.

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.



**UP Global Sourcing UK Ltd.,
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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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