

**PROGRESS**by



**3 in 1**  
**Blender**

**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.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

Children should be supervised to ensure that they do not play with the appliance.

This appliance is not a toy.

Keep the appliance and its power supply cord out of the reach of children.

Do not use the appliance if it has been dropped, if there are visible signs of damage or if it is leaking.

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 away from heat or sharp edges that could cause damage.

Keep the appliance away from other heat emitting appliances.

Keep hands, fingers, hair and any loose clothing away from the

rotating tools of the appliance.

Do not immerse the electrical components of this 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 any damaged accessories.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not place boiling water or very hot liquid in the appliance.

Do not dry blend ingredients; always add a small amount of liquid.

Do not overload the appliance as the mixture level may rise during blending.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not touch any sections of the appliance that may become hot during use, as this could cause injury.

Do not use broken or loose cutting or rotating blades.

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 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.



**WARNING:** Do not touch sharp blades.

## Care and Maintenance

**STEP 1:** Switch off and unplug the blender from the mains power supply before performing any cleaning or user maintenance.

**STEP 2:** Wipe the blender unit with a soft, damp cloth and allow to dry thoroughly.

**STEP 3:** Wash all of the accessories in warm, soapy water, then rinse and dry thoroughly.

Never touch the chopping blades; using extreme caution, clean the blades with a brush and dry carefully.

Do not immerse the blender base unit in water or any other liquid.

Do not use harsh or abrasive detergents or scourers to clean the blender, as this could cause damage.

The blender is not suitable for use in a dishwasher.

**NOTE:** The blender should be cleaned after every use.

**WARNING:** Handle the attachments with care as the blades are sharp. Exercise caution when attaching, removing, cleaning or storing the attachments.

## Description of Parts



- |                               |                      |
|-------------------------------|----------------------|
| 1. Blender unit               | 6. Attachment holder |
| 2. 2 speed buttons            | 7. Chopping bowl     |
| 3. Attachment release buttons | 8. Chopping blade    |
| 4. Whisk attachment           | 9. Chopping bowl lid |
| 5. Blender attachment         |                      |

## Instructions for Use

### Before First Use

Wash all of the attachments in warm, soapy water, then rinse and dry thoroughly. Wipe the blender unit with a soft, damp cloth and allow to dry thoroughly. Never touch the blades; the attachments should be washed using a brush and dried carefully. Do not immerse the blender unit in water or any other liquid.

**NOTE:** When using the blender for the first time, a slight odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the blender.



### Using the 3 in 1 Blender Set

All attachments must be securely fitted before use; do not attempt to remove them until the attachment has stopped moving.

#### With the Chopping Attachment

The chopping attachments are ideal for slicing or dicing fruit and vegetables to help to prepare delicious meals and salads.

**STEP 1:** Before connecting the blender to the mains power supply, carefully attach the chopping blade onto the spindle on the inside of the chopping bowl and push down until it clicks into place.

**STEP 2:** Place the food to be chopped into the chopping bowl. Secure the chopping bowl lid by placing it on top, aligning the guides and then twisting it in a clockwise direction until it locks.

**STEP 3:** To attach the blender unit, place it on top of the chopping bowl lid and secure by pushing down until it clicks into place.

**STEP 4:** Plug in and switch on the blender at the mains power supply.

**STEP 5:** Holding the chopping bowl steady, press and hold the desired speed button on the blender unit.

**STEP 6:** Once the food has been chopped to the required size, release the speed button and wait for the chopping blade to stop rotating before removing the chopping bowl lid.

**STEP 7:** Any extra food may be added to the chopped ingredients at this point by removing the chopping bowl lid, adding the ingredient(s), replacing the chopping bowl lid and repeating the chopping process.

**STEP 8:** To remove the blender unit from the chopping bowl lid, pull them apart whilst holding down the attachment release buttons.

**CAUTION:** Switch off and unplug the blender from the mains power supply before attempting to remove any food from the chopping bowl and before cleaning.

**WARNING:** Do not use the chopping bowl if it is cracked or broken. Do not operate the blender when the chopping bowl is empty, as this will cause damage to the appliance.

## With the Whisk Attachment

The whisk attachment is ideal for mixing light ingredients such as egg whites, cream and instant desserts. It is not suitable for mixing heavier ingredients such as margarine and sugar, as this may cause damage to the appliance.

**STEP 1:** Before connecting the blender to the mains power supply, carefully attach the whisk attachment onto the blender unit by pushing down until it clicks into place.

**STEP 2:** Place the food to be whisked into a mixing jug, then plug in and switch on the blender at the mains power supply.

**STEP 3:** Insert the whisk attachment into the mixing jug and then press and hold the desired speed button.

**STEP 4:** Slowly rotate the whisk attachment in a clockwise direction to avoid splashing. Take care to avoid any liquid rising above the top of the whisk attachment wires. Release the speed button once whisking is complete.

**STEP 5:** After use, remove the whisk attachment from the blender unit by pulling them apart whilst holding down the attachment release buttons.

**NOTE:** Whilst mixing liquid, especially hot liquid, use a tall container or whisk small quantities at a time to reduce spillage, splattering and the possibility of injury from scalding.

**WARNING:** Do not use the whisk attachment to blend very hot or boiling liquid, as this may cause injury.

When placing food into the mixing jug, take care not to overfill it in order to avoid spillages.

Switch off and unplug from the mains power supply before attempting to remove the whisk attachment and before cleaning.

## With the Blender Attachment

The blender attachment is ideal for blending or mashing cooked vegetables such as potatoes or carrots. It is not suitable for blending hard or uncooked foods, as this will damage the blender attachment.

**STEP 1:** Before connecting the blender to the mains power supply, carefully attach the blender attachment onto the blender unit by pushing down until it clicks into place.

**STEP 2:** Place the food to be blended into a mixing jug, and plug in and switch on the blender at the mains power supply.

**STEP 3:** Insert the blender attachment into the mixing jug and then press and hold the desired speed button.

**STEP 4:** Slowly move the blender attachment up and down in the mixture to blend the food evenly. Release the speed button once blending is complete.

**STEP 5:** After use, remove the blender attachment from the blender unit by pulling them apart whilst holding down the attachment release buttons.



**NOTE:** Whilst blending liquid, especially hot liquid, use a tall container or blend small quantities at a time to reduce spillage, splattering and the possibility of injury from scalding.

**WARNING:** Do not use the blender attachment to blend very hot or boiling liquid, as this may cause injury.

When placing food into a mixing jug, take care not to overfill it in order to avoid spillages.

Switch off and unplug the blender from the mains power supply before attempting to remove the blender attachment and before cleaning.

### Troubleshooting

Problem	Possible Cause	Solution
The blender will not operate.	The blender is not connected to the mains power supply.	Plug in and switch on the blender at the mains power supply.
The blades will not move when in contact with ingredients.	The ingredients are hard vegetables such as potato, carrot and turnip, making it difficult for the blender to blend.	Only blend ingredients such as cooked vegetables or soft fruit.

### Storage

Reassemble the blender before storing; carefully put the whisk and blender attachments back on the attachment holder, ensuring the locking tabs are aligned so that they click into place. Check that the blender is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the blender; wrap it loosely to avoid causing damage.

### Specifications

Product code: EK5247WW

Input: 220–240 V ~ 50–60 Hz

Output: 250–350 W



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# Recipes

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





## Spiced Courgette Soup

**1****PersonalPoints™ value per serving****Serves 4**

### Ingredients

50 g baby spinach  
45 g 0 % fat natural Greek yoghurt  
20 g fresh coriander leaves, roughly chopped  
4 spring onions, trimmed and finely sliced  
3 garlic cloves, finely sliced  
2 courgettes, trimmed and roughly chopped  
1 lemon, zested and juiced  
2 cm fresh ginger, finely grated  
800 ml vegetable stock, made with 2 stock cubes  
½ tbsp mild curry powder  
1 tsp cumin seeds  
Calorie-controlled cooking spray

### Method

Mist a large pan with the cooking spray and fry the courgettes, spring onions and garlic over a medium heat for 5 minutes, until the vegetables start to soften. Add the ginger and curry powder and cook for 2 minutes. Add the stock and bring to the boil. Reduce the heat and simmer for 15–20 minutes until the vegetables are tender.

Add the spinach and half of the coriander to the pan and cook for 2 minutes until the spinach is wilted. Stir in the lemon zest and juice, then season to taste and remove from the heat.

Using the blender, blitz the vegetables until there is a smooth soup.

Toast the cumin seeds in a dry frying pan over a medium heat for 1–2 minutes until fragrant, then crush slightly using a pestle and mortar.

Ladle the soup into bowls. Swirl in the yoghurt and garnish with the toasted cumin seeds and remaining coriander.

### Note

Serve each portion with a 50 g mini naan bread. The recipe will no longer be gluten-free and remember to adjust the points accordingly.

## Berry Smoothie Bowl

6

PersonalPoints™ value per serving

**Serves 1**

### Ingredients

175 g frozen mixed berries  
55 g 0 % fat natural Greek yoghurt  
10 g pomegranate seeds  
40 ml pomegranate juice  
½ tbsp desiccated coconut  
1 tsp cocoa powder

### Method

In a large bowl, combine the yoghurt, pomegranate juice and frozen mixed berries. Using the hand blender attachment, blitz until thick and creamy.

Spoon the mixture into a clean bowl. Top with the pomegranate seeds, desiccated coconut and sprinkle with the cocoa powder.



## Harissa Yoghurt Dip

0

PersonalPoints™ value per serving

**Serves 8**

### Ingredients

200 g roasted red peppers in brine  
50 g 0 % fat natural Greek yoghurt  
1 tbsp lemon juice  
1 tsp harissa paste  
¼ garlic clove  
¼ tsp paprika  
¼ tsp ground cumin  
Variety of vegetable crudités

### Method

Drain the roasted red peppers, place in the blender and blitz until smooth.

Add the Greek yoghurt, harissa paste, garlic, paprika, ground cumin and lemon juice, then blitz until smooth.

Transfer to a bowl, season to taste and serve with a variety of zero hero vegetable crudités.



## Herby Yoghurt Dip with Crudités

1

PersonalPoints™ value per serving

### Serves 2

#### Ingredients

100 g 0% fat natural Greek yoghurt  
2 servings vegetable crudités  
½ lemon, zested and juiced  
½ garlic clove, crushed  
1 tbsp fresh mint  
1 tbsp fresh coriander  
¼ tsp extra virgin olive oil

#### Method

In the mini chopper attachment, add the yoghurt, garlic and lemon zest. Season to taste. Add the mint and coriander, then blitz until fully mixed. Spoon into a small bowl and drizzle over the extra virgin olive oil. Serve with mixed vegetable crudités on the side.

## Pea Guacamole with Tortilla Chips

5

PersonalPoints™ value per serving

**Serves 2**

### Ingredients

80 g peas  
30 g tortilla chips  
10 cherry tomatoes, quartered  
½ avocado  
2 tbsp fresh coriander, chopped  
4 tsp lime juice  
Pinch of salt

### Method

Blitz the avocado, peas and lime juice in the mini food chopper attachment until smooth. Transfer into a small bowl.

Stir in the onion, coriander and salt.

Garnish with the chopped tomatoes and serve with tortilla chips.

### Notes

For a healthier alternative, replace the tortilla chips with vegetable crudité. Remember to adjust the points accordingly.





## 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.

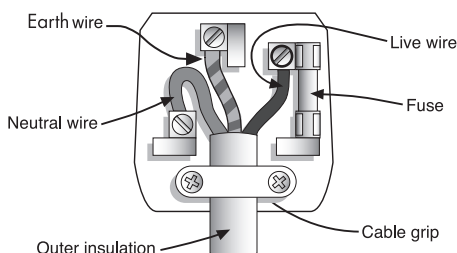
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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](https://guarantee.upgs.com/progress) and register your product within 30 days of purchase.

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