

**PROGRESS®**  
Est. 1931

4.5 L DIGITAL  
HOT AIR FRYER  
Instruction Manual

Please read all of the instructions carefully and retain 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.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, 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 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 hot air fryer is fitted with an automatic switch-off.

This may activate if:

1. The set cooking time has elapsed. The timer will sound and the automatic switch-off will activate, turning off the hot air fryer.
2. The cooking compartment is pulled out from the hot air fryer during cooking. In this case, the timer will pause; it will continue counting down when the cooking compartment is replaced.

**Note:** If the hot 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 non-stick coated cooking basket is securely fitted before use. Not doing so will prevent the hot air fryer from operating. Only hold the cooking compartment by the cooking basket handle. Take care when removing the non-stick coated cooking basket, as steam may be emitted.

### DO NOT:

Invert the non-stick cooking basket with the cooking compartment still attached, as excess oil may collect at the bottom of the cooking compartment and could leak into the ingredients.

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

Fill the cooking compartment with oil or any other liquid.

Press the non-stick coated cooking basket release button whilst shaking the ingredients.

Touch the cooking compartment during or straight after use, as it gets very hot; only hold the cooking compartment by the cooking basket handle.

## CARE AND MAINTENANCE

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

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

**STEP 2:** Clean the non-stick cooking basket in warm, soapy water, then rinse and dry thoroughly.

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

**Note:** The hot air fryer should be cleaned after each use.

GETTING STARTED

Remove the appliance from the box.  
Remove any packaging from the appliance.  
Place the packaging inside the box and either store or dispose of safely.

IN THE BOX

- 4.5 L Digital Hot Air Fryer Main Unit  
Cooking Compartment
- Removable Non-stick Coated Cooking Basket  
Instruction Manual

FEATURES

- 1500 W Power  
Digital Control Panel  
Requires Little or No Oil  
4.5 Litre Capacity
- 60-minute Timer  
Adjustable Temperature Control  
Removable Non-stick Cooking Basket

DESCRIPTION OF PARTS



## INSTRUCTIONS FOR USE

### BEFORE FIRST USE

**STEP 1:** Check that the hot air fryer is switched off and unplugged from the mains power supply.

**STEP 2:** Wipe the hot air fryer main unit with a soft, damp cloth and dry thoroughly.

**STEP 3:** Clean the non-stick coated cooking basket in warm, soapy water, then rinse and dry thoroughly.

Do not immerse the hot air fryer main unit in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the hot air fryer or its accessories, as this could cause damage.

**Note:** When using the hot 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 hot air fryer during use. It is advised to run the hot 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 4.5 L DIGITAL HOT AIR FRYER

**STEP 1:** Place the hot air fryer main unit onto a stable, heat-resistant surface, at a height that is comfortable for the user.

**STEP 2:** Fit the non-stick coated cooking basket into the cooking compartment, until it is secure.

**STEP 3:** Slide the cooking compartment into the hot air fryer main unit to close it.



**Note:** The hot air fryer comes preassembled. The cooking compartment should be closed securely before use, as not doing so will prevent it from working.



### USING THE DIGITAL CONTROL PANEL



When the hot air fryer is plugged in and switched on at the mains power supply, the indicator light will illuminate to indicate that it is being powered. Press and hold the power button to switch on the hot air fryer.

The digital display will flash '15 MIN', indicating that the time and temperature are ready to be programmed:

Press  or  on the 'TIME' settings to change the cooking time, up to a maximum of 60 mins.

Press  or  on the 'TEMP' settings to adjust the cooking temperature, between 80 °C and 200 °C.

The  and  buttons may be held down in order to quickly adjust the time or temperature. Once time and temperature have been set, tap the power button to begin heating.

Once the timer has expired, the hot air fryer will switch off. During cooking, the time and temperature can be adjusted at any time using the  and  buttons.

The hot air fryer can be paused at any time during cooking by pressing the power button. If paused in this way, the hot air fryer will switch off after 1 minute; cooking can be resumed by pressing the power button again.

If the cooking compartment is removed during cooking, cooking will also be paused; reinsert the cooking compartment to resume the cooking process. The hot air fryer will switch off after 3 minutes if the cooking compartment has not been reinserted.

#### USING THE 4.5 L DIGITAL HOT AIR FRYER

**STEP 1:** Plug in and switch on the hot air fryer at the mains power supply; the hot air fryer will beep and the indicator light will illuminate to indicate that the unit is plugged in.

**STEP 2:** Press and hold the power button to switch on the hot air fryer; the digital display will flash '15 MIN', indicating that the time and temperature are ready to be programmed.

**STEP 3:** Preheat the hot air fryer for approx. 5 minutes, using the timer control and temperature control buttons.

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

**STEP 5:** Place the ingredients into the non-stick coated cooking basket and then slide the cooking compartment back into the hot air fryer main body to close it.

**STEP 6:** Use the temperature control buttons to set the hot air fryer to the required temperature, between 80 °C and 200 °C; hold down the buttons to adjust the temperature quickly.

**STEP 7:** Determine the cooking time required for the ingredients and use the timer control buttons to set the time accordingly up to 60 minutes; hold down the buttons to adjust the time quickly.

**STEP 8:** Press the power button to begin cooking.

**STEP 9:** Some ingredients may require shaking halfway through the cooking time. Remove the cooking compartment by pulling the cooking basket handle out of the hot air fryer. Take care not to press the cooking basket release button. Shake the cooking compartment gently and then slide it back into the hot air fryer main unit to close it and continue to cook.

**STEP 10:** Once cooking is complete and the preset time has elapsed, the hot air fryer will beep several times and switch off. Check whether the ingredients are ready by pulling the cooking compartment out from the hot air fryer using the cooking basket handle. If the ingredients are not cooked, close the cooking compartment and replace it back into the hot air fryer main unit. Use the control panel to adjust the cooking time accordingly. If the food is cooked, press the cooking basket release button to remove the non-stick coated cooking basket from the cooking compartment and then 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 hot air fryer before starting to cook or alternatively add approx. 3–5 minutes onto the cooking time. If the cooking time or temperature setting needs to be changed during use, simply use the timer or temperature control buttons as required and the hot air fryer will automatically adjust the settings.

**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 and leak onto the ingredients or serving bowl. Always remove the non-stick coated cooking basket from the cooking compartment. Exercise caution when opening and closing the cooking compartment during use, as it will become very hot.

**Warning:** Nominal voltage is still present even when the thermostat is turned to the off position. To permanently switch off the hot air fryer, turn it off at the mains power supply.

## USING THE NON-STICK COATED COOKING BASKET

The non-stick coated cooking basket is removable for ease of use.

**STEP 1:** To remove the non-stick coated cooking basket from the cooking compartment, press and hold the cooking basket release button and carefully lift the handle to detach it.

**STEP 2:** Replace the non-stick coated cooking basket by fitting it into the cooking compartment, until it is secure.

**Warning:** Never press the cooking basket release button if the cooking compartment is elevated, as this could cause injury; only press it once the cooking compartment has been placed onto a flat, stable surface.

## COOKING GUIDE

The following is a guideline for cooking certain types of foods with the hot air fryer.

This is a guideline only and cooking should always be monitored. Food should always be piping hot before served.

### POTATOES AND CHIPS

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Thin frozen chips	400–800 g	16–18 mins	180 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 L Digital Hot Air Fryer'.
Thick frozen chips	400–800 g	18–20 mins	200 °C	Shake the chips following the instructions in the section entitled 'Using the 4.5 L Digital Hot Air Fryer'.



Home-made chips	400–800 g	18–25 mins	200 °C	Follow the full instructions in the section entitled 'A Step by Step Guide to Making Chips'.
Home-made potato wedges	400–800 g	18–25 mins	180 °C	Part soak the potato wedges in water to remove the starch, add ½ tbsp of oil and shake following the instructions in the section entitled 'Using the 4.5 L Digital Hot Air Fryer'.

## MEAT AND POULTRY

Food	Amount	Approx. Cooking Time	Temperature	Extra Information
Steak	200–600 g	Well done: 10 mins Medium: 8 mins Rare: 6 mins	180 °C	Turn over halfway through the total cooking time.
Hamburger	200–600 g	18–20 mins	180 °C	Turn over halfway through the total cooking time.
Pork chops	200–600 g	18–20 mins	180 °C	Turn over halfway through the total cooking time.
Chicken breast	200–600 g	15–22 mins	200 °C	Always check that chicken is cooked thoroughly.
Chicken drumsticks	200–600 g	15–22 mins	180 °C	Always check that chicken is cooked thoroughly.

## SNACKS AND SIDES

Food	Amount	Approx. Cooking Time	Temperature
Frozen chicken nuggets	200–600 g	10–15 mins	200 °C
Spring rolls	200–500 g	5–8 mins	200 °C
Stuffed vegetables	200–500 g	10–15 mins	160 °C

## BAKES AND CAKES

Food	Amount	Approx. Cooking Time	Temperature
Quiche	500 g	8 mins	180 °C
Cake	400 g	10–15 mins	160 °C

## A STEP BY STEP GUIDE TO MAKING CHIPS

### HOME-MADE CHIPS

**STEP 1:** Preheat the hot air fryer to 200 °C.

**STEP 2:** Cut the potato into chips approx. 1 cm wide.

**STEP 3:** Place the chopped potatoes into a bowl of water and soak for approx. 30 minutes to remove the starch.

**STEP 4:** Rinse the chopped potatoes with cold water using a colander. Dry thoroughly using kitchen towel.

**STEP 5:** Coat the chopped potatoes with ½ tbsp of cooking oil or oil spray and add them to the cooking basket. These should be fully coated for best results.

**STEP 6:** Cook at 200 °C for 18–25 minutes.

**STEP 7:** Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

**STEP 8:** Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

### FROZEN CHIPS

**STEP 1:** Preheat the hot air fryer to 200 °C.

**STEP 2:** Add 400–800 g of frozen chips to the cooking basket.

**STEP 3:** Cook for 16–18 minutes for thin frozen chips or 18–20 minutes for thick frozen chips.

**STEP 4:** Shake the chips regularly (approx. every 6 minutes) so that all of the chips cook evenly.

**STEP 5:** Once cooked through and crispy, remove from the hot air fryer, season and enjoy.

### STORAGE

Check that the hot air fryer is cool, clean and dry before storing in a cool, dry place.

Never wrap the cord tightly around the hot air fryer; wrap it loosely to avoid causing damage.

### SPECIFICATIONS

Product code: EK2559P

Input: 220–240 V ~ 50/60 Hz

Output: 1500 W

# RECIPES

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

## GRILLED PRAWNS

### INGREDIENTS

300 g jumbo prawns, washed and peeled  
30 g melted butter  
2 garlic cloves, peeled and crushed  
2 tbsp of lemon juice

### METHOD

Preheat the hot air fryer to 200 °C.  
In a small bowl, mix the melted butter, lemon juice and garlic. Cover the prawns with the butter mix and place them directly into the non-stick coated cooking basket. Cook the prawns for approx. 8–10 minutes.

## BEEF SAMOSAS

### INGREDIENTS

400 g beef mince  
1 packet of filo pastry  
2 onions, chopped  
1 shallot, minced  
1 thyme sprig  
1 tbsp curry powder  
Spray oil  
Salt and pepper, to taste

### METHOD

In a large saucepan on a medium heat, spray oil and add the onion to soften, followed by the minced shallot. Add the beef mince and thyme to the pan and cook for approx. 5 minutes until the meat is well done and then remove from the heat. Add the curry powder and season with salt and pepper.

Lay a sheet of filo pastry on a flat work surface and cut lengthways into thirds. Add a spoonful of the meat mixture to the top of each strip and then fold into triangles. Continue this process until no beef mince mixture remains.

Preheat the hot air fryer to 200 °C.

Spray each samosa with oil, then place 6 samosas per time into the non-stick coated cooking basket and cook for approx. 5–8 minutes. Turn the samosas and then cook for a further 5 minutes, until both sides are crisp and golden brown.



## SALMON CROQUETTES

### INGREDIENTS

2 tins pink salmon, drained, reserving the juice  
75 g flour  
75 g breadcrumbs  
32 g juice from drained salmon  
1 egg  
1 chopped spring onion  
1 tsp baking powder  
1 tsp Worcestershire sauce  
Spray oil  
Pepper, to taste

### METHOD

In a bowl, mix together the salmon and the egg and then stir in the flour, pepper, spring onion and Worcestershire sauce.  
Mix the baking powder with the salmon juice and beat until foamy. Pour into the salmon mixture and mix with a fork.  
Preheat the hot air fryer to 200 °C.  
Create croquette shapes from the mixture and cover with breadcrumbs. Spray with oil, place them into the non-stick coated cooking basket and cook for approx. 12–15 minutes or until golden brown.

## CHICKEN NUGGETS

### INGREDIENTS

15 cream or plain crackers  
3 skinless chicken breast fillets, cut into 2–3 cm pieces  
3 garlic cloves (optional)  
2 medium eggs  
2 tbsp butter  
2 tbsp dry parsley or 4 sprigs fresh parsley (optional)  
Plain flour  
Zest of 1 lemon (optional)  
Spray oil  
Salt and pepper, to taste

### METHOD

To prepare the crumb mix, peel the garlic and zest the lemon. Put the crackers into a food processor with the butter, garlic, parsley, lemon zest and a pinch of salt and pepper and then process until the mixture is very fine. Pour these crumbs onto a plate. Sprinkle the flour onto a second plate, crack the eggs into a small bowl and beat with a fork. Roll the chicken pieces in the flour until all sides are completely coated and then dip them into the egg, followed by the flavoured crumbs. Rub the crumbs onto the chicken pieces so that they stick; the chicken pieces should be totally coated.  
Preheat the hot air fryer to 200 °C.  
Spray the chicken pieces on all sides with oil and cook them in the non-stick coated cooking basket for approx. 10–15 minutes or until cooked through, golden and crisp.

## BREADED FISH FILLETS

### INGREDIENTS

2 300 g cod fillets/loins (even in size for the best cooking results)  
100 g breadcrumbs  
1 egg, beaten  
5 tbsp plain flour  
3 tbsp Parmesan cheese, grated finely  
Basil, dried and chopped  
Spray oil  
Salt and pepper, to taste

### METHOD

Add some plain flour to a medium sized bowl and coat the cod fillets in the flour.  
In another bowl, mix together the breadcrumbs, Parmesan and basil. Dip the fillets into the egg and then coat the fish in the breadcrumb mixture. Add salt and pepper to taste.  
Preheat the hot air fryer to 190 °C.  
Spray the fish with oil on all sides, place the fillets into the non-stick coated cooking basket and cook for approx. 15–20 minutes or until golden brown.

## BREADED CHICKEN GOUJONS

### INGREDIENTS

3 chicken breasts  
75 g breadcrumbs  
75 g cream cheese  
Spray oil

### METHOD

Cut the chicken breast into strips, spread with cream cheese evenly and then coat with breadcrumbs.  
Preheat the hot air fryer to 200 °C.  
Lightly spray the chicken with oil, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes, turning halfway through. Cook until golden brown and firm to touch.

## JAPANESE STYLE FRIED CHICKEN

### INGREDIENTS

400 g skinless, boneless chicken breast, cut into 1 inch cubes	1 tbsp soy sauce ½ tsp white sugar ½ tsp salt
2 eggs, lightly beaten	½ tsp black pepper
3 tbsp potato flour	¼ tsp chicken stock cube
1 tbsp rice flour	Spray oil
1 tbsp minced garlic	
1 tbsp grated fresh ginger root	
1 tbsp sesame oil	

### METHOD

In a large bowl, mix together the eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce and stock cube. Add the chicken pieces and stir to coat. Cover and refrigerate for approx. 30 minutes. Preheat the hot air fryer to 200 °C. Remove the bowl from refrigerator, add the potato flour and rice flour to the chicken and mix well. Spray the chicken with oil, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown.

## CRISPY SESAME FRIED CHICKEN

### INGREDIENTS

300 g chicken breast, cut into 1 inch cubes  
75 g rolled porridge oats  
75 g self-raising flour  
20 g toasted sesame seeds  
118 ml chicken stock  
1 tbsp chicken stock powder  
1 ½ tsp salt  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp soy sauce  
½ tsp dried basil  
½ tsp dried oregano  
½ tsp ground black pepper  
Spray oil

### METHOD

Coat the chicken with ½ tsp salt, black pepper and garlic powder and then chill for approx. 4 hours. In a medium bowl, mix together the oats, sesame seeds, ½ tsp of salt and chicken stock powder and set aside. In another bowl, combine the flour, ½ tsp of salt, onion powder, basil, oregano, soy sauce and chicken stock. Dip the chicken into the chicken stock mixture, shake off all the excess, and roll in the sesame seed mixture. Preheat the hot air fryer to 200 °C. Spray the chicken with oil, place it into the non-stick coated cooking basket and cook for approx. 15–22 minutes or until golden brown.

## CRISPY FRIED CHICKEN

### INGREDIENTS

3 chicken legs/thighs  
300 g cornflakes  
32 g plain flour  
90 ml buttermilk  
1 tbsp Dijon mustard  
½ tbsp cayenne pepper  
2 tsp paprika  
1 tsp ground sage  
Spray oil  
Salt and pepper, to taste

### METHOD

In a wide bowl or on a plate, season the flour with salt and pepper. Dip the chicken into the flour so that it is fully coated, tap against the bowl to shake off any excess flour and set aside. Discard the unused flour. Place the cornflakes into a big, resealable bag, making sure that there is no air in the bag before sealing, and then run a rolling pin over the bag to crush. Pour the crushed cornflakes into a wide bowl or onto a plate. In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage. Dip the chicken pieces into the buttermilk mixture and then roll in the crushed cornflakes. Preheat the hot air fryer to 200 °C. Arrange the chicken pieces in the non-stick coated cooking basket, spray all over with oil and cook for approx. 5–10 minutes. Reduce the temperature to 190 °C and cook for a further 15–20 minutes for thighs and 5–10 minutes for legs.

## ROAST GAMMON JOINT

### INGREDIENTS

1.3 kg gammon joint  
OR  
600 g gammon joint  
Salt and pepper, to season

### METHOD

Preheat the hot air fryer to 180 °C. Place the gammon into the non-stick coated cooking basket and cover loosely with foil. For a 600 g gammon joint, cook it for approx. 25 minutes, turn it over and then cook for a further 25 minutes. Remove the foil and let it brown for approx. 10 minutes, then turn it again to brown all over for a further 10 minutes. For a 1.3 kg gammon joint, cook it for approx. 50 minutes, turn it over and then cook for a further 50 minutes. Remove the foil and let it brown for approx. 20 minutes, then turn it again to brown all over for a further 20 minutes. Cooking times may vary, depending upon the shape or thickness of the joint. Test with a skewer to make sure that the juices run clear. Season to taste and serve.





## PEPPERCORN STEAK

### INGREDIENTS

400 g sirloin steak (1.5 cm–2.5 cm thick)	2 tbsp double cream
50 g unsalted butter	1 tbsp Dijon mustard
2 shallots, finely diced	1 tbsp olive oil
100 ml beef stock	1 tbsp green peppercorns
2 tbsp Worcestershire sauce	Black and white peppercorns, to taste
2 tbsp brandy	Salt and pepper, to taste

### METHOD

Dry the steaks with kitchen paper and press the black and white peppercorns into both sides. Cover with foil or plastic film and then refrigerate for approx. 2–3 hours.

Preheat the hot air fryer to 180 °C.

Place the steak into the non-stick coated cooking basket and cook for approx. 6 (rare), 8 (medium) or 10 (well done) minutes depending on preference. Turn the steak halfway through to caramelise on both sides. Meanwhile, make the sauce. Heat the oil and butter in a fry pan and cook the shallots over a medium heat, until soft. Add the Worcestershire sauce, brandy and stock to the fry pan. Cook rapidly, scraping the bottom of the fry pan to incorporate the flavours. Add the green peppercorns, mustard and cream, then season to taste.

Remove the meat from the hot air fryer and leave to rest for approx. 5 minutes before cutting diagonally into slices. Add the meat to the sauce. Stir to combine the meat juices with the peppercorn sauce and to warm the meat through.



## PORK CHOPS

### INGREDIENTS

4 pork chops  
Salt and pepper, to taste

### METHOD

Preheat the hot air fryer to 180 °C.

Season the pork chops with salt and pepper.

Add the pork chops to the non-stick coated cooking basket and cook for approx. 18–20 minutes.

The time it takes to cook the pork chops depends upon preference; flip them halfway through cooking for even colour and caramelisation.

## MUSTARD PORK CHOPS

### INGREDIENTS

4 pork chops  
Dijon mustard

### METHOD

Preheat the hot air fryer to 180 °C.

Coat the pork chops with a generous helping of Dijon mustard.

Place the pork chops into the non-stick coated cooking basket and cook for approx. 18–20 minutes, until the fat goes crispy.

Flip the pork chops halfway through cooking for even colour and caramelisation.

## LIGHTLY-FRIED LAMB CHOPS WITH ROSEMARY AND GARLIC

### INGREDIENTS

15 small lamb rib chops  
2 tbsp minced garlic  
1½ tbsp fresh rosemary, chopped  
1 tsp dried crushed red pepper  
Fresh rosemary sprigs (optional)

### METHOD

In a small bowl, combine the garlic, chopped rosemary and crushed red pepper. Rub about ¼ tsp of the mixture over both sides of each lamb chop. Sprinkle the lamb chops with salt and put onto a plate, cover and refrigerate for approx. 30 minutes or preferably up to 4 hours.

Preheat the hot air fryer to 200 °C.

Place the lamb chops into the non-stick coated cooking basket and cook for approx. 10–15 minutes, depending upon how well done the meat is required to be cooked. Shake halfway through. Garnish the lamb chops with rosemary if desired and then serve.



## ROASTED VEGETABLES

### INGREDIENTS

8 cherry tomatoes on the vine  
5 garlic cloves, left whole with skins still on  
5 small new potatoes, skins scrubbed not peeled  
3 large chestnut mushrooms, quartered  
1 white onion, quartered  
1 red pepper, sliced  
1 yellow pepper, sliced  
1 courgette, sliced at an angle  
2 tbsp olive oil  
1 tsp mixed herbs  
Salt and pepper, to taste

### METHOD

Preheat the hot air fryer to 200 °C.

Place all of the ingredients into a large, round dish or bowl, coated in olive oil. Season to taste and sprinkle on the mixed herbs. Place into the non-stick coated cooking basket and cook for approx. 20–25 minutes. Stir halfway through to ensure that all of the vegetables are cooked through.

Note: Alternatively, the ingredients can be placed directly into the non-stick coated cooking basket.



## ROAST POTATOES

### INGREDIENTS

900 g potatoes, quartered  
6 tbsp olive oil  
Salt and pepper, to taste

### METHOD

Half-fill a large saucepan with cold water. Put the potatoes in the pan; add a pinch of salt and cover. As soon as the water boils, reduce the heat and cook for approx. 6 minutes. Drain the potatoes and shake them in a colander to roughen the edges. Preheat the hot air fryer to 200 °C. Place the potatoes into the non-stick coated cooking basket and drizzle with the oil. Cook for approx. 15 minutes. Carefully turn them over and cook for a further 15 minutes. Check that the potatoes do not burn; cover them with foil if necessary.

## POTATO WEDGES WITH ROSEMARY

### INGREDIENTS

3 medium white potatoes, cut into small wedges  
3 garlic cloves, crushed  
1 fresh rosemary sprig  
Spray oil  
Salt and pepper, to taste

### METHOD

Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water. Put the potato wedges into a bowl, add the remaining ingredients and mix together. Preheat the hot air fryer to 200 °C. Spray the wedges with oil so that each one is lightly coated, place them into the non-stick coated cooking basket and cook for approx. 18–25 minutes or until golden brown and crispy on the outside. It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the wedges are cooked evenly.

## SWEET POTATO WEDGES

### INGREDIENTS

3 sweet potatoes, cut into small wedges  
4 tbsp olive oil  
1 tsp chilli flakes  
Salt and pepper, to taste

### METHOD

Place the potato wedges into a pan of cold, salted water and bring to the boil. Once boiling point has been reached, drain the salted water. Put the potato wedges into a bowl, pour over the oil and mix to cover evenly. Add the chilli flakes, season with salt and pepper to taste and stir to combine. Preheat the hot air fryer to 200 °C. Place the potato wedges into the non-stick coated cooking basket and cook for approx. 18–25 minutes, until the potatoes are tender and golden brown. It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the wedges are cooked evenly. Sprinkle with sea salt to serve.

## ONION RINGS

### INGREDIENTS

2 large onions  
45 g plain flour  
90 ml buttermilk  
Spray oil  
Salt and pepper, to taste

### METHOD

Wash, peel, and cut the onions into 5 mm thick rounds and then separate the rounds into rings. In a wide bowl or on a plate, season the flour with salt and pepper. Dip the onion rings into the flour so that they are fully coated, tap against the bowl to shake off any excess flour and set aside. Dip the onion rings into the buttermilk until fully coated. Shake off excess buttermilk, and coat the onion rings in flour a second time. Preheat the hot air fryer to 200 °C. Spray the onion rings with oil, place them into the non-stick coated cooking basket and cook for approx. 5–8 minutes or until golden brown. It is recommended to shake the non-stick coated cooking basket halfway through cooking, to ensure that the onion rings are cooked evenly. Season and serve.



## 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.

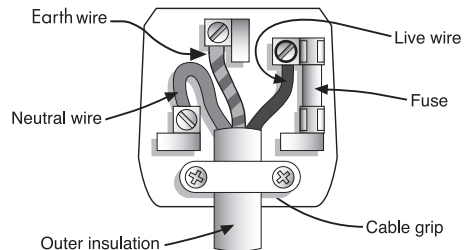
If in doubt, consult a qualified electrician who will be pleased to do this for you.

### 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 one (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.



# PROGRESS®

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UP GLOBAL SOURCING UK LTD.,  
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If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

**Telephone:** 0161 934 2240\*

\*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

**Email:** [customercare@upgs.com](mailto:customercare@upgs.com)

**Fax:** 0161 628 2126

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.

The crossed out wheelie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.





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