

Carefully read all instructions before operating and save for future references.

- This appliance is for household domestic use only
- This appliance is not intended for use by young children or infirm persons without supervision. Young children should be supervised to ensure that they do not play with the appliance.
- Always use the appliance on a dry, level surface.
- Always place the grill on the base when operating.
- Before inserting the Variable Heat Controller into the grill socket ensure the interior of the socket is fully dry. To do this, wipe the interior of the socket with a dry cloth.
- Always ensure the Variable Heat Controller is ‘fully inserted’ into the grill socket before plugging into the power point. Likewise always switch ‘OFF’ and remove from the power point before removing the controller from the grill.
- Always turn off at the power point and remove cord before attempting to move Healthy Grill.
- Do not immerse power cord on Variable Heat Controller in water or any other liquid.
- This grill must be used with the Variable Heat Controller provided. Do not use any other control or connector.
- Do not touch hot surfaces. Use the handles on the sides of the unit. Ensure that the grill plate has sufficiently cooled before handling.
- If using plastic utensils do not leave in contact with grill plate.
- For indoor use, adequate ventilation or an exhaust fan is recommended.
- Always use the Healthy Grill under a sheltered roof, when cooking outdoors.
- Do not leave the appliance unattended when in use.
- Do not let the cord touch hot surface or become knotted.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- If the supply cord, plug or actual appliance becomes damaged in any way, return the entire appliance to the nearest authorized service centre for examination, replacement or repair. Any repair other than cleaning should be performed at an authorized service centre.

KNOW YOUR HEALTHY GRILL

1. Large non stick grill plate means that foods won’t stick and minimal oil can be used when cooking. This is ideal for ensuring fat free, healthy eating and minimises cleaning. As with all non-stick coated surfaces use only wooden or good quality plastic utensils. The ribbed section of the grill plate is ideal for giving that “char grilled” effect while the flat section can be used for food that require a flat surface such as crepes and vegetable.
2. Cool touch base allows you to safely handle the Healthy Grill at the table.
3. Removable drip tray catches any excess juices and can be easily removed from the base and cleaned.
4. Non skid feet for extra stability.
5. The glass lid prevent from splattering.

BEFORE THE FIRST USE

- a. Remove all packaging materials and any promotional labels from your Healthy Grill.
- b. Wash the grill plate in warm soapy water using a mild dishwashing detergent. Dry thoroughly.
- c. Ensure the Healthy Grill is fully assembled before using.
- d. “Season” the grill plate surface by rubbing with a small amount of oil that has been applied to paper towel.

OPERATING YOUR HEALTHY GRILL

1. Position the drip tray in the base.
2. Ensure the grill plate is correctly placed on the base and the Healthy grill is positioned on a dry, level surface.

3. Insert the Variable Heat Controller into the socket on the grill plate.
4. Insert power cord into a 230V power point and turn the power on.
5. Preheat the Healthy Grill on the Steak Sear setting for approximately 10 minutes by aligning the 'STEAK Sear' setting with the Heating 'On' light goes out.
6. Select the heat setting as recommended in the recipe as per Cooking Guide Chart.
7. After use, turn the Variable Heat Controller to 'O' position.
8. Switch off at power point.

CARE AND CLEANING

- Never use metal utensils, as they will scratch the non-stick grill plate. Instead use only wooden or good quality plastic utensils.
- Never leave plastic cooking utensils in contact with the hot grill plate.
- After use, turn the Variable Heat Controller to 'O' position, switch the Healthy Grill 'OFF' at the power point, then remove the plug from the power point and the Variable Heat Controller from the grill socket. Allow the grill plate to cool before moving and cleaning.

GRILL PLATE AND BASE

- The grill plate may be placed in the dishwasher or washed by hand using a plastic bristled brush and hot soapy water. The grill plate is safe to fully immerse in water as the element and terminal pins are completely sealed.
- If the grill plate is cleaned in the dishwasher, over time a white residue may appear on the underside of the grill plate. This is caused by the alkaline detergent used in dishwasher and is quite normal. It won't affect the performance or life of the Healthy Grill. To clean off the residue, wipe with a damp cloth.
- If the grill plate is cleaned frequently in the dishwasher 're-season' the cooking surface by rubbing with a small amount of oil that has been applied to paper towel.
- The base can be washed in warm soapy water, using a soft cloth.

Note: Do not use harsh abrasives or scouring pads on the grill plate or base as these may damage the surface.

DRIP TRAY

- The drip tray can be cleaned in the dishwasher or washed by hand in warm soapy water, using a soft cloth.
- The drip tray can also be lined with either aluminium foil or absorbent kitchen paper to collect fats, making cleaning easier.

VARIABLE HEAT CONTROLLER

- Wipe the Variable Heat Controller with a lightly moistened cloth if cleaning is necessary.
- Before inserting the Variable Heat Controller into the grill socket ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Warning: Do not immerse the cord, plug or Variable Heat Controller in water or any other liquid.

STORAGE

- Store the Variable Heat Controller in a safe place. Do not knock or drop the probe as this can cause damage. If damage is suspected, return the probe to your nearest authorized Service centre for examination or repair.
- Always dry and assemble the Healthy Grill before storing. Ensure the base, drip tray and grill plate is correctly positioned.
- Store on a flat surface.

HANDY HINTS

- The flat section of the grill plate cooks food faster than the ribbed section. This is useful if wanting to have foods cooked at various stages.
- It's recommended to brush food with a marinade towards end of cooking rather than before particularly if the marinade contains sugar otherwise the marinade tends to burn before the food is cooked.
- If grilling a number of recipes in succession, scrape any excess food build up into drip tray then wipe off any residue with paper towel before proceeding with next recipe. If the grill has been used for cooking seafood, wipe the grill plate with lemon juice to prevent seafood flavour transferring to next recipe.

