

Healthy Choice™
AFOM22

23L AIR FRYER CONVECTION OVEN

BAKING TRAY • WIRE RACK • MESH BASKET • PAN HANDLE



Model: AFOM22

Batch: PR4166

**THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.
PLEASE READ AND RETAIN INSTRUCTIONS FOR FUTURE REFERENCE.**

The illustrations used in the manual are to illustrate the operation method and structure of the product. Where there is a small difference between the physical item and the illustrations, please take the physical as the standard.

ABOUT THE PRODUCT:

Your personal chef has arrived— and is equipped and ready to prepare meals for your entire family.

Whatever the occasion – the 23 Litre Air Fryer Oven has got you covered. Loaded with a baking tray, wire rack, mesh basket and pan handle, this innovative Air Fryer Oven is packed and ready to make meals that will take your cooking to the next level (in just a fraction of the time!).

Better yet, this cutting-edge, circulating ‘turbo air’ technology with four stainless steel heating elements on the top cooks your food quickly with minimum oil, while still providing maximum taste. Simply add your ingredients into its huge, family-size 23 litre capacity and wait as the Air Fryer Oven circulates ‘superheated’ air up to 230°C. Watch as your food toasts, bakes, broils, roasts, defrosts or ‘air fry’s’ its way to perfection behind the secure, glass viewing window. The built-in oven light helps you see the cooking progress without opening the Air Fryer Oven door and letting the heat out.

Enjoy the convenience of three oven rack levels for the ultimate simultaneous cooking experience. This multi-level handy cooker is an ingenious, unique, all-in-one convection oven, toaster and air fryer in one accommodating appliance.

This 23 Litre Air Fryer Oven gives you the tools to cook your way to a healthier life – offering a low-fat, low-calorie, fast-cooking alternative that does not sacrifice taste or quality. The simple temperature and cooking time selector dials offer easy operation of the appliance. You can set the temperature between 90°C – 230°C and the cooking time up to 60 minutes.

Healthy eating doesn’t have to be boring – pave your own path with a new way to prepare delicious food, at just the twist of a knob.

IMPORTANT SAFEGUARDS:

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read instructions carefully before use.
2. Remove and safely disregard any packaging material and labels before using this product for the first time. Ensure children and babies do not play with plastic bags or any packaging materials.
3. Before use, check that your local voltage corresponds with the specifications shown on the appliance nameplate located underneath or on the back of the appliance.
4. Always operate the appliance on a horizontal surface which is level, stable and non-combustible. Do not operate the appliance on or near combustible materials such as tablecloths or curtains.
5. Do not place the appliance on or near a hot gas or electric burner, or in a heated oven.
6. Never connect this appliance to an external timer or separate remote-control system.
7. Never use this appliance with an extension cord or power board. Ensure it is plugged into a dedicated power point and without any other appliances on the same outlet.
8. Do not turn on the power until the appliance and parts are in place as required. Make sure the door is closed before plugging in and switching on the power.
9. To protect against electric shock, do not immerse the cord, plug, or appliance in water or any other liquid. Do not expose the appliance to dripping or splashing and ensure that no objects filled with liquids such as vases are placed on the appliance. Do not put any water or other liquid into the main housing of the appliance through the vents. Do not rinse it under the tap.
10. Do not touch the appliance, power cord or power plug with wet hands.
11. Unplug from the outlet when not in use and before cleaning. Allow the appliance to cool down (if relevant) before putting on or taking off the parts, and before cleaning.
12. The appliance does not contain any serviceable parts inside. Do not attempt to open and repair the unit yourself. All components should only be serviced by a qualified technician.
13. Do not use the appliance if the plug, power cable or unit itself are damaged. If the power cord is damaged, you must have it replaced at a service centre with qualified persons in order to avoid a hazard.

14. Do not use the appliance for anything other than the intended use. It is for household use only. It is not to be used outdoors or for commercial purposes.

15. Close supervision is necessary when any appliance is used near children. Keep the appliance and power cord out of reach of children when it is in operation or during the cooling process.

16. This appliance is intended to be used in household and similar applications such as:

- staff kitchen areas in shops, offices and other working environments;
- farm houses;
- by clients in hotels, motels and other residential type environments;
- bed and breakfast type environments.

17. This appliance should be operated on a separate electrical power point from other operating appliances. If the power point is overloaded with other appliances, this appliance may not work properly.

18. Extreme caution must be used when moving an appliance containing hot food.

19. Leave enough open space from other objects while in use. Do not block air intakes or exhausts.

20. Do not place the appliance against a wall or against other appliances. Leave at least 10 centimetres of free space on the back and sides and above the appliance. Do not place anything on top of the appliance.

21. When the appliance is in operation, air is released through the air outlet vent. Keep your hands and face at a safe distance from the air outlet vent.

22. Do not touch the hot surfaces. The appliance's outer surfaces may become hot during use.

23. Do not cover the appliance while in use.

24. Do not let the cord hang over the edge of the table or counter.

25. Do not unplug the appliance by pulling on the cord.

26. This appliance is not designed to be used by people (including children) with a physical, sensory or mental impairment, or people without knowledge or experience, unless they are supervised or given prior instructions concerning the use of the appliance by someone responsible for their safety. Children must be supervised to ensure that they do not play with the appliance.

27. Do not leave the appliance operating while unattended.

28. The appliance may emit smoke during its first use. It is not defective, and the smoke will burn off within a few minutes.

29. Should the appliance emit black smoke, un-plug it immediately. Wait for the smoke to stop before removing the appliance's contents.

SHORT CORD INSTRUCTIONS:

Do not use with an extension cord. A short power supply cord is provided to reduce the risks resulting from being entangled in or tripping over a long cord.

OVERHEATING PROTECTION:

Should the inner temperature control system fail, the overheating protection system will be activated, and the appliance will not function. Should this happen, unplug the power cord and allow time for the appliance to cool completely before restarting or storing.

ELECTRIC POWER:

If the electrical circuit is overloaded with other appliances, this appliance may not operate properly. It should be operated on a dedicated electrical circuit (power point).

AUTOMATIC SHUT-OFF:

The appliance has a built-in shut-off device that will automatically shut down the unit when the timer reaches zero. The fan will continue running for about 60 seconds to cool down the unit.

PREPARATION FOR USE:

Before using the Air Fryer Oven for the first time:

Warning: when using for the first time, the appliance may emit slight odour which is not harmful and will disappear after a few minutes. This is because a protective oil was applied to protect parts from possible friction in transport.

Carefully unpack the Air Fryer Oven and remove all the packing materials.

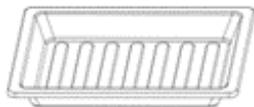
Place the Air Fryer Oven on a flat, heat-resistant non-flammable surface.

Use a soft sponge and soapy water to remove any dust on the surface that may happen during packing and transport. Allow the Air Fryer Oven to dry before use.

PRODUCT USE AND ACCESSORIES:

* Choose an accessory to use for different cooking styles.

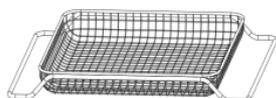
Baking tray



Wire rack



Mesh basket



Pan handle, used to remove the baking tray and wire rack

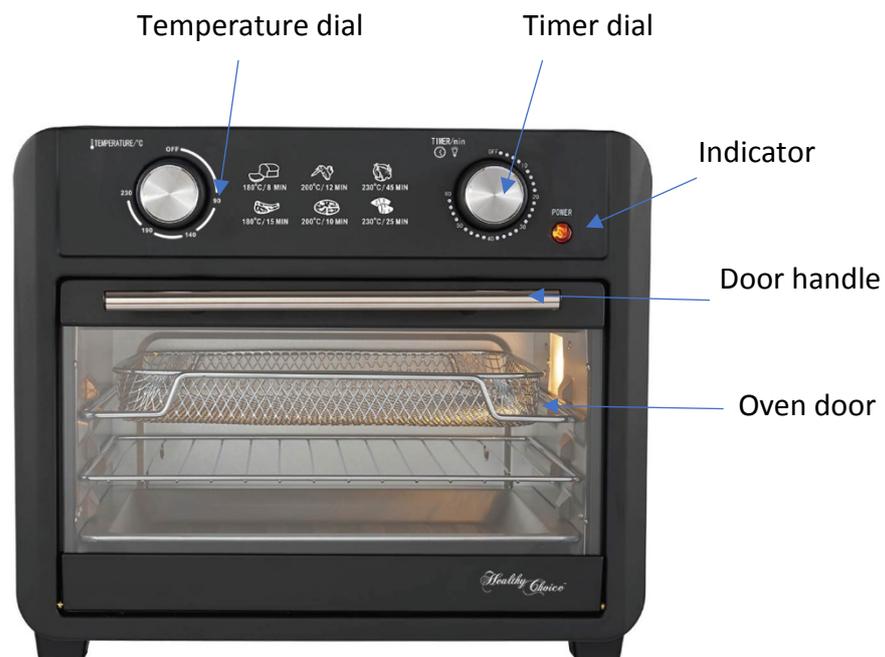


Note: Please use your own oven mitts to remove the mesh basket after the cooking is complete.

Note:

- The baking tray can also be used as a drip tray. Keep it in position inside the Air Fryer Oven on the bottom for gathering oil from fried food.
- The ingredients inside may increase in size during the cooking process, ensure that the heated volume of food will not touch the inside walls of the Air Fryer Oven.

UNIT OVERVIEW:



GENERAL OPERATION:

- ① Put the baking tray, wire rack or mesh on the appropriate layer of the chamber, depending on the size of the food.
- ② Put the food on the baking tray, wire rack or mesh basket. Close the oven door.
- ③ Use the Temperature knob to select the desired temperature.
- ④ Turn the Timer clockwise to set the desired cooking time.
- ⑤ When the cooking time is complete, the timer will reach 0 and the appliance will cease operation. If you wish to end cooking time before the timer reaches 0, manually turn the timer dial to 0.
- ⑥ Remove food with oven gloves or pan handle.

Tips: Do not use flammable materials such as plastic or paper; do not use glass or ceramic plates or lids; do not let the grease drip directly to the bottom of the oven. When baking foods with much fat or oil, place the baking tray on the lowest position inside the Air Fryer Oven.

COOKING GUIDE:

Please refer to the below cooking guide on recommended use for a range of foods which yield great results using the Air Fryer Oven.

Food Item	Time	Temperature	Comments
Thin frozen fries	20 – 25 mins	200°C	
Thick frozen fries	20 – 25 mins	200°C	
Homemade fries	18 - 25 mins	200°C	Add ½ tbsp. oil
Homemade potato wedges	22 – 26 mins	180°C	Add ½ tbsp. oil
Homemade potato cubes	15 – 25 mins	180°C	Add ½ tbsp. oil
Hash browns	20 – 25 mins	180°C	
Potato Gratin	20 – 25 mins	200°C	
Steak	12 – 17 mins	180°C	
Hamburger	14 – 20 mins	180°C	
Sausage roll	17 – 20 mins	200°C	
Chicken drumsticks	22 – 26 mins	180°C	
Chicken breast	15 – 20 mins	180°C	
Spring rolls	20 – 25 mins	200°C	Use oven ready
Frozen chicken nuggets	15 – 20 mins	200°C	Use oven ready
Fish fingers	10 – 15 mins	200°C	Use oven ready
Mozzarella sticks	12 – 15 mins	180°C	Use oven ready
Stuffed vegetables	15 mins	160°C	
Cake	25 – 30 mins	160°C	Use baking tin
Quiche	25 – 30 mins	180°C	Use baking tin/oven dish
Muffins	20 – 23 mins	200°C	Use baking tin
Sweet snacks	24 mins	160°C	Use baking tin/oven dish
Frozen onion rings	20 mins	200°C	

TIPS:

- Foods that are smaller in size usually require a slightly shorter cooking time than larger ones.
- Large quantities of food only require a slightly longer cooking time than smaller quantities.
- Flipping or turning smaller sized foods halfway through the cooking process ensures that all the pieces are evenly cooked.
- Misting a bit of vegetable oil on fresh potatoes is suggested for a crispier result. When adding a little oil, do so just before cooking.
- Snacks normally cooked in an oven can also be cooked in the Air Fryer Oven.
- Use premade dough to prepare filled snacks quickly and easily. Premade dough also requires a shorter cooking time than homemade dough.

- Place an oven safe baking tin or dish (not included) inside the Air Fryer Oven when baking a cake or a quiche. A tin or dish is also suggested when cooking fragile or filled foods.

CLEANING AND MAINTENANCE:

***Note:** Unplug the Air Fryer Oven and allow it to cool down completely before handling, cleaning or storing.*

- Wash in warm soapy water after use: baking tray, wire rack, mesh basket, pan handle. Those parts are also dishwasher safe.
- Crumbs can be wiped out from the bottom of the Air Fryer Oven.
- The inside of the appliance can be cleaned with hot water, mild dish detergent and a non-abrasive sponge.
- After cooking greasy foods and once the Air Fryer Oven has cooled, always clean the top of the interior. Removing grease will help keep its performance consistent.
- To remove baked on grease, soak the baking tray in hot, sudsy water or use non-abrasive cleaners.
- Wipe the outer housing body with a soft damp cloth. Do not use detergents or cleaners.
- Do not immerse the power cord, plug or the housing body in water or any other liquids as it may result in damage, fire, electric shock or injury.

STORING:

- Allow the Air Fryer Oven to cool down completely before storing.
- Store the Air Fryer Oven in an upright position in a dry location.
- Do not place any heavy items on top of the Air Fryer Oven during storage as this may result in possible damage to the appliance.

TECHNICAL SPECIFICATIONS:

Voltage:	220~240V
Power:	1700W
Frequency:	50/60 Hz
Temperature Range:	90°C – 230°C
Standard Time Setting Range:	1 - 60 mins
Capacity:	23 litre inner chamber

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