

Healthy Choice[®]

12L DIGITAL AIR FRYER

with viewing window



Model: AF1230 | Batch: PR4704

**CAUTION: TO AVOID DAMAGE TO YOUR BENCH TOP AND SPLASH BACK,
DO NOT PLACE THE AIR FRYER DIRECTLY ON BENCH TOP.**

HOUSEHOLD USE ONLY

Carefully read all instructions before use and save for future reference.

CAUTION: TO AVOID DAMAGE TO YOUR BENCH TOP AND SPLASH BACK, DO NOT PLACE THE AIR FRYER DIRECTLY ON BENCH TOP.

Please use air fryer on heat-proof material and on a dry, level and even surface. Leave a minimum distance of 20cm from walls and other heat-sensitive materials. Do not place the appliance against a wall or against other appliances. Hot air up to 160 Degrees expels through the rear vent of the appliance. Leave at least 20cm clearance around the entire appliance, including directly above it. Additional care should be taken when placing appliances on benchtop surfaces or near splashbacks where such materials (acrylics, timber, stone etc.) do not have high heat-resistant properties.

IMPORTANT SAFEGUARDS

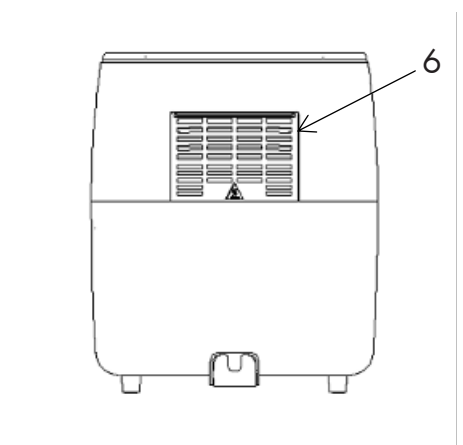
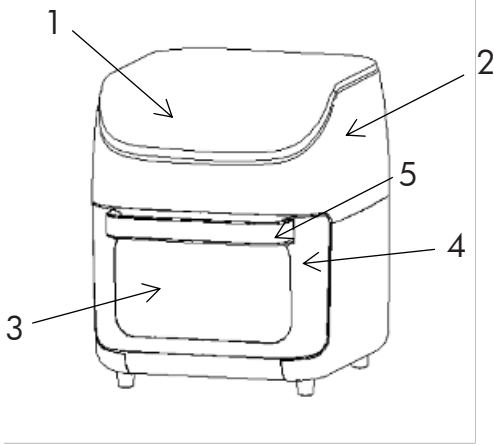
PLEASE READ AND SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE

When using the appliance, basic safety precautions should be followed, including:

1. 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.
2. Before use, check that your local voltage corresponds with the specifications shown on the appliance nameplate located under the appliance.
3. Always operate the appliance on a horizontal surface that is level, stable and non-combustible. Do not operate the appliance on or near combustible materials such as tablecloths or curtains.
4. Do not place the appliance on or near a hot gas or electric burner, or in a heated oven.
5. Never connect this appliance to an external timer or a separate remote-control system.

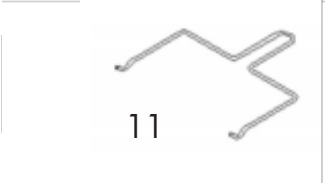
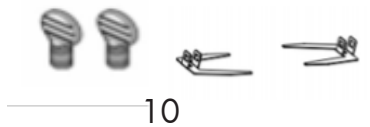
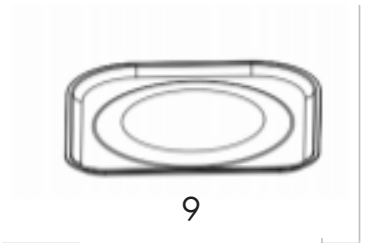
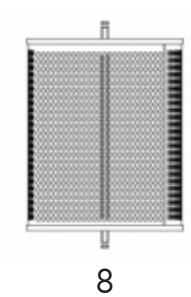
6. Never use this appliance with an extension cord or power board. Ensure it is plugged into a dedicated power point and without any other appliances on the same outlet.
7. Do not turn on the power until the appliance and parts are in place as required.
8. To protect against electric shock, do not immerse 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.
9. Do not touch the appliance, power cord or power plug with wet hands.
10. Unplug from the outlet when not in use and before cleaning. Allow the appliance to cool down before putting on or taking off the parts, and before cleaning.
11. The appliance does not contain any serviceable parts inside. Do not attempt to open and repair the appliance yourself. All components should only be serviced by a qualified technician.
12. 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 by qualified persons in order to avoid a hazard.
13. 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.
14. Close supervision is necessary when the 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.
15. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farmhouses;
 - by clients in hotels, motels and other residential-type environments;
 - bed and breakfast type environments.
16. Extreme caution must be used when moving an air fryer containing hot food.
17. Leave enough open space from other objects while in use. Do not block air intakes or exhausts.

18. Do not place the appliance against a wall or against other appliances. Leave at least 20 centimetres of free space on the back and sides and above the appliance. Do not place anything on top of the appliance.
19. When the appliance is in operation, hot air is released through the air outlet vent. Keep your hands and face at a safe distance from the air outlet vent.
20. Do not touch the hot surfaces. The appliance's outer surfaces may become hot during use. The rotisserie cage and rotisserie fork set will be hot. Wear oven mitts or use the cage tongs to remove them. Wear oven mitts when handling the crisper tray and drip tray.
21. Do not cover the appliance while in use.
22. Do not let the cord hang over the edge of the table or counter.
23. Do not unplug the appliance by pulling on the cord.
24. This appliance can be used by children 8 years and above and people with a physical, sensory or mental impairment, or people without knowledge or experience if 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.
25. Do not leave the appliance operating while unattended.
26. The appliance may emit light smoke during its first use. It is not defective, and the smoke will burn off within a few minutes.
27. Should the appliance emit black smoke, unplug it immediately. Wait for the smoke to stop before removing the contents inside.
28. To prevent the food from contacting the inner upper wall and heating element, do not overfill the rotisserie fork or crisper trays.
29. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of reach of children younger than 8 years.
30. This appliance may be operated under both 50Hz and 60Hz without any adjustment.



- 1. Top cover
- 2. Housing body
- 3. Viewing window

- 4. Removable door
- 5. Handle
- 6. Air outlet vents



- 7. Crisper tray
- 8. Rotisserie basket
- 9. Drip tray

- 10. Rotisserie set
- 11. Rotisserie remover tool

ACCESSORIES

Crisper tray

For air frying crispy snacks or reheating food such as pizza. The trays are also to be used for dehydrating.

Rotisserie basket

Suitable for French fries, roasted nuts and other small or delicate snacks that can benefit from rotating through the cooking time.

Drip tray

Always put the drip tray at the bottom of the air fryer when cooking, to speed up the cleaning process.

Rotisserie set

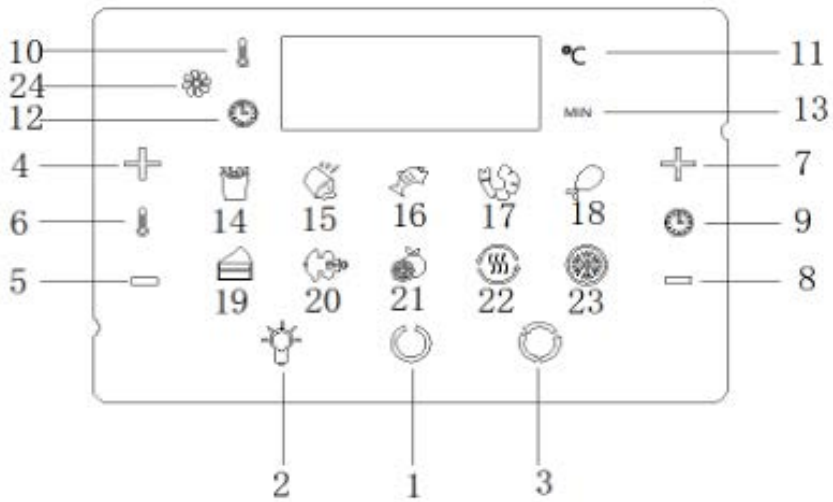
Used for roasting meats, such as whole chicken. Put the rotisserie rod through the centre of the meat. Secure the forks on both ends of the rod, and make sure they're holding the meat tightly. Lock in place with the set screws. Ensure the screws are fitted tightly to the rotisserie rod.

Note: You can adjust the screws closer to the middle if needed, but never outwards towards the ends. Ensure that the roast meat or chicken are not too large and can rotate freely inside the air fryer. Tie up the chicken or other roast meat with a cooking string to hold it tightly around the rotisserie stick.

Rotisserie remover tool

Rotisserie remover tool used to insert and remove food prepared on the rotisserie or rotisserie basket.

CONTROL PANEL



- | | |
|---------------------------------------------------|-------------------------------|
| 1: Power Switch | 14: Hot Chips |
| 2: Light Switch | 15: Steak |
| 3: Rotation Function | 16: Fish |
| 4/5: Temperature Controls | 17: Shrimp |
| 6: Temperature Icon | 18: Chicken Drumsticks |
| 7/8: Timer Controls | 19: Baking |
| 9: Timer Icon | 20: Rotisserie Chicken |
| 10: Temperature Display Indicator | 21: Dehydrating |
| 11: Temperature Unit Display Indicator (°Celsius) | 22: Reheating |
| 12: Clock Display Indicator | 23: Defrosting |
| 13: Time Unit Display Indicator (minutes) | 24: Cooking In Progress Light |

Power Switch

Once the air fryer is plugged in, the power switch will be illuminated and the rest of the screen will be off. Press the power switch, the machine will beep once and the screen will illuminate.

Pressing the power switch for a second time will activate the default cooking process at the temperature of 190°C and time of 15 minutes.

During any cooking mode, pressing the power switch will turn the air fryer off. The screen will turn off, and only the power button will remain illuminated. The fan will continue running for up to 30 seconds to cool down the appliance.

Light Switch

Light switch helps operate the internal light. You can press the switch at any time during machine operation. The internal light will be on and the Light Switch will flash. When the door is opened, the light will automatically turn on.

Rotation Function

In any cooking mode, you can press the Rotation Function switch to make the rotisserie or rotisserie basket rotate. The Rotation Function switch will flash during cooking.

Time & Temperature Control

Time and temperature can be adjusted during cooking by pressing the + or – buttons on the display screen.

LED Digital Display

During operation, the LED screen displays time & temperature, constantly switching between temperature and remaining time.

Cooking In Progress Light

The indicator light will be on while cooking is in progress.

Preset Cooking Times and Temperatures

Hot Chips	200°C	15 minutes
Steak	185°C	25 minutes
Fish	200°C	15 minutes
Shrimp	160°C	12 minutes
Chicken Drumsticks	190°C	20 minutes
Baking	175°C	30 minutes
Rotisserie Chicken	200°C	30 minutes
Dehydrating	80°C	4 hours
Reheating	115°C	12 minutes
Defrosting	40°C	1 hour

All cooking programs allow time and temperature adjustments.

Note on Rotisserie: Cooking time for meat on the rotisserie, for example, a whole roast chicken will vary with weight. Use a meat thermometer (not included) to check the internal temperature of the meat. This guide is only a reference.

COOKING WITH THE AIR FRYER

1. Place the food onto a crisper tray, on the rotisserie set or into the rotisserie basket.
2. Place the food and chosen accessory into the air fryer and close the door. Plug the power cord into a 220-240V dedicated outlet.
3. Press the power button once.
4. Select a preset cooking program or manually set the cooking time and temperature.
5. Once the desired cooking time and temperature have been selected, press the power button to begin the cooking process.

Before first use

Please read all materials, warning stickers and labels before using the air fryer for the first time. Remove all packaging materials, labels and stickers. Place the appliance on a stable, level, horizontal and heat-resistant surface.

Wash all parts and accessories with warm soapy water. Wipe the inside and outside of the unit with a clean, damp cloth.

Note: The main unit cannot be immersed in water.

Warning: Do not cover the top and back vents of the appliance or put anything on top of the appliance. Do not put oil or liquid into any cooking container. This machine only uses hot air for cooking. Never put food or accessories on the door. When removing hot accessories or food, be sure to use oven mitts.

COOKING CHART

Food Item	Min-Max	Time	Temperature	Notes
Thin Frozen Chips	1-3 cups	15-16min	200°C	
Thick Frozen Chips	1-3 cups	15-20min	200°C	
Homemade Chips	1-3 cups	10-16min	200°C	add 1/2tbsp oil
Homemade Potato Wedges	1-3 cups	18-22min	185°C	add 1/2tbsp oil
Homemade Potato Cubes	1-3 cups	12-18min	185°C	add 1/2 tbsp oil
Hash Browns	1 cup	15-18min	185°C	
Potato Gratin	2 cups	15-18min	200°C	
Steak	115-500g	8-12min	180°C	
Pork Chops	115-500g	10-14min	180°C	
Hamburger	115-500g	7-14min	180°C	
Sausage Roll	115-500g	13-15min	200°C	
Chicken Drumsticks	115-500g	18-22min	180°C	
Chicken Breast	115-500g	10-15min	180°C	
Spring Rolls	115-350g	15-20min	200°C	use oven-ready
Frozen Chicken Nuggets	115-500g	10-15min	200°C	use oven-ready
Frozen Fish Sticks	115-500g	6-10min	200°C	use oven-ready
Mozzarella Sticks	115-500g	8-10min	180°C	use oven-ready
Cake	300g	20-25min	160°C	use baking tin
Quiche	350g	20-22min	180°C	use baking tin
Muffins	300g	15-18min	200°C	use baking tin
Frozen Onion Rings	400g	15min	180°C	

CLEANING AND MAINTENANCE

Unplug the appliance and allow it to cool down completely before handling, cleaning or storing.

Wash all accessories in warm soapy water after every use.

Note: all included accessories are dishwasher safe.

The inside of the air fryer can be cleaned with hot water, a mild detergent and a non-abrasive sponge. Wipe the outer housing body with a soft, damp cloth. Do not use detergents or cleaners on the outside of the appliance. If necessary, remove the excess food residue on the upper screen with a soft brush.

The door is detachable for easy cleaning.

Open the door to a 45° angle and gently remove it by sliding it out and upwards. The removable door can be washed in warm soapy water. The removable door is not dishwasher safe. Reattach the door by holding it at a 45° angle and gently pushing it in and downward.

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

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