

DF480005 MUK Rev2

**morphy richards®**

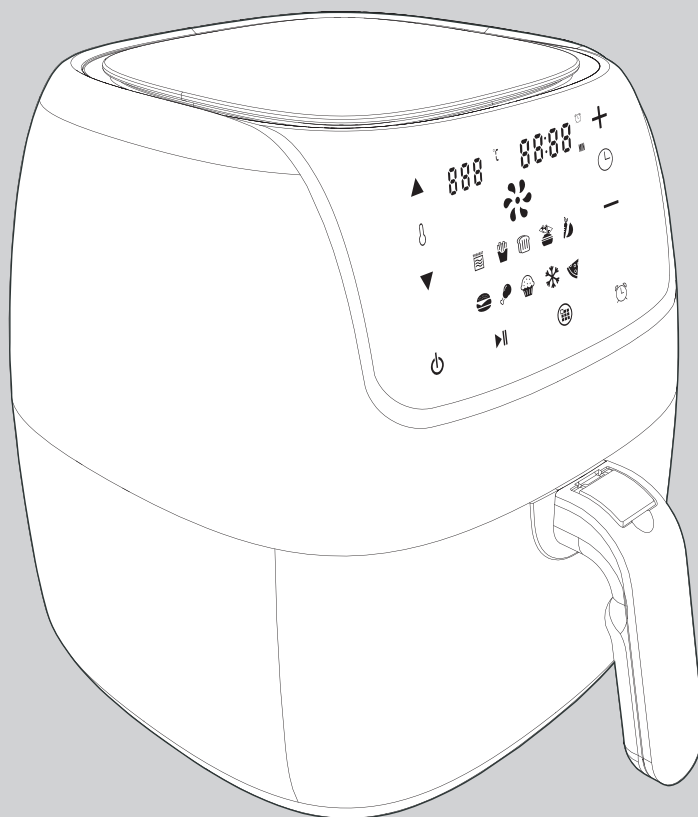
smart ideas for your home



## Health Fryer



Please read and keep these instructions for future use



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\* Register online for your 2 year guarantee. See the back of this instruction book for details (UK and Ireland customers only).

## Health And Safety

The use of any electrical appliance requires the following common sense safety rules. Please read these instructions carefully before using the product.

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- Keep the appliance and its cord out of the reach of children aged less than 8 years.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- This appliance is intended to be used in household and similar applications such as: farm houses, by clients in hotels, motels and other residential type environments, bed and breakfast type environments. It is not suitable for use in staff kitchen areas in shops, offices and other working environments.
- If the supply cable is damaged, it must be replaced with a special cable assembly available from the manufacturer or its service agent in order to avoid a hazard.
- For care and cleaning refer to page 10.
- This appliance is not intended to be operated by means of an external timer or separate remote control system.
- **WARNING:** Misuse can cause personal injury.

## Health And Safety (Continued)

In addition, we offer the following safety advice.

### Location

- Place the appliance on a horizontal, flat and stable heat resistant surface, away from a heating source and where it cannot be splashed by water.
- Allow adequate air space above and on all sides for air circulation.
- Do not use outdoors or near water.

### Mains cable

- The mains cable should reach from the socket to the base unit without straining the connections.
- Do not let the cable hang over the edge of the table or the counter and keep it away from any hot surface.
- Do not let the cable run across an open space e.g. between a lower socket and table.

### Personal safety

- **WARNING: Never attempt to move your Health Fryer until it is completely cool. This can take up to three hours.**
- Be careful not to touch those surfaces of the Health Fryer which become hot when in use.
- **WARNING: To protect against the risk of electric shock, do not immerse the control unit in water or other liquid.**
- Unplug from the electrical outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning the appliance.
- Never leave the Health Fryer unattended when connected to the electricity supply.
- Never lean over the Health Fryer when it is in use.

### Other safety considerations

- The use of attachments or tools not recommended or sold by Morphy Richards may cause fire, electric shock or injury.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner.
- Do not use the Health Fryer for anything other than its intended purpose.

### Electrical requirements

Check that the voltage on the rating plate of your appliance corresponds with your house electricity supply which must be A.C. (Alternating Current).

**WARNING :** The plug removed from the mains lead, if severed, must be destroyed, as a plug with a bared flexible cord is hazardous if engaged into a live socket outlet.

Should the fuse in the mains plug require changing, replace it with a fuse of the same rating as originally fitted.

**WARNING: This appliance must be earthed.**



**CAUTION!**  
HOT SURFACE

**PLEASE BE AWARE  
OF HOT SURFACES  
HANDLE WITH CARE  
Treating scalds**

- Run cold water over the affected area immediately.
- Do not stop to remove clothing.
- Seek medical advice quickly.

## Introduction

Thank you for your recent purchase of this Morphy Richards Health Fryer.

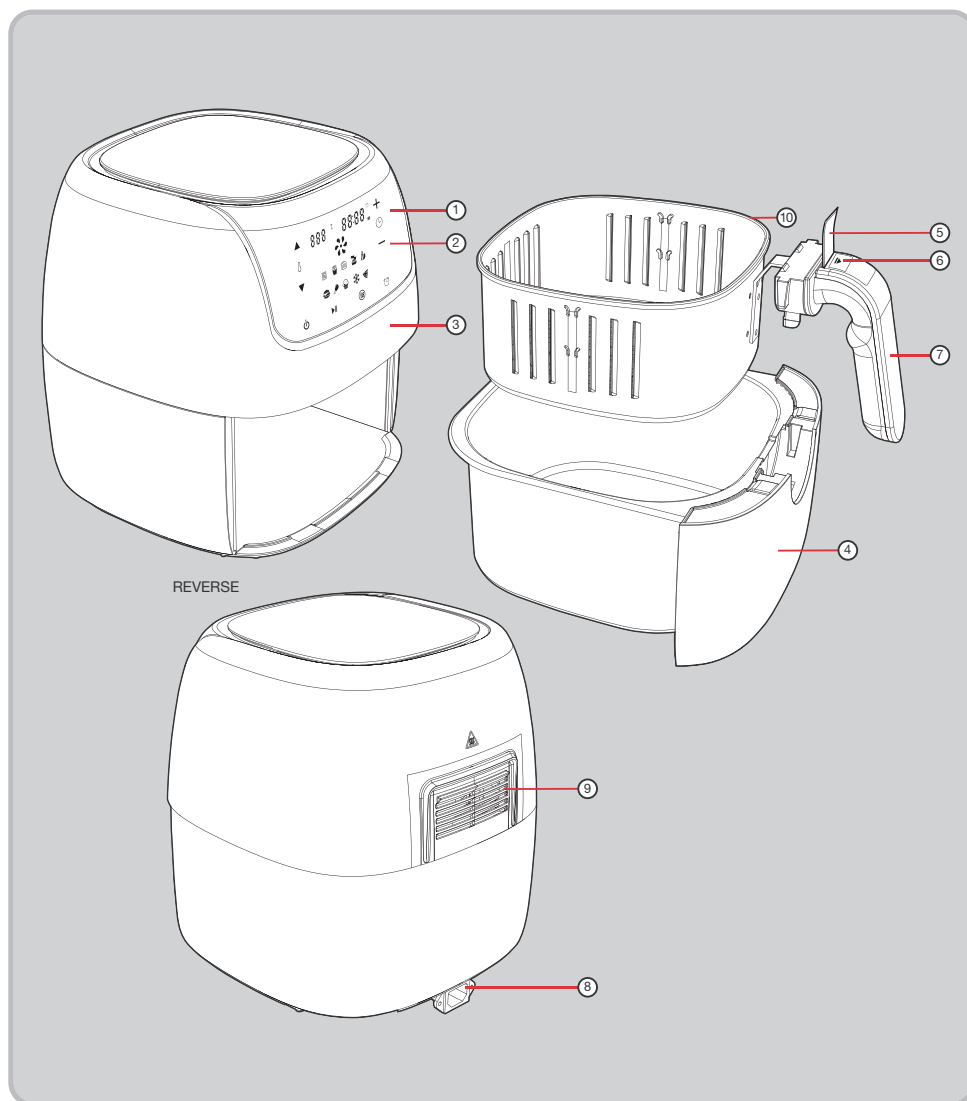
Please read the instructions thoroughly before use.

Remember to visit [www.morphyrichards.co.uk](http://www.morphyrichards.co.uk) to register your product's two year guarantee.

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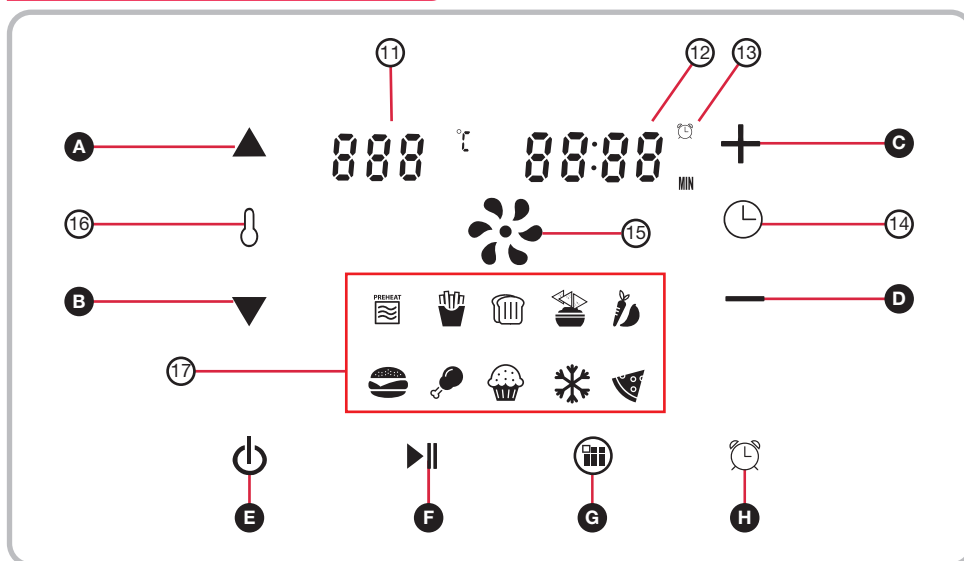
## Product Overview



## Features

- |                                 |                             |
|---------------------------------|-----------------------------|
| (1) LED Display                 | (6) Basket Release Button   |
| (2) Touch Control Panel         | (7) Frying Basket Handle    |
| (3) Main Body                   | (8) Mains Power Cord Socket |
| (4) Drawer                      | (9) Air outlet and filter   |
| (5) Basket Release Button Cover | (10) Frying basket          |

## Touch Control Panel



## Touch Sensitive Control Buttons

(A)		Increase Temperature Button (5°C)	(E)		On / Stop Button
(B)		Decrease Temperature Button (5°C)	(F)		Start / Pause Button
(C)		Increase Time Button	(G)		Pre-program Function Button
(D)		Decrease Time Button	(H)		Delay Timer Function Button

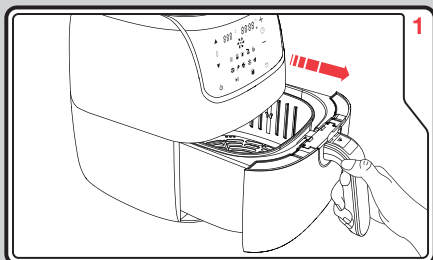
## Touch Control Panel Icons

- (11) Temperature Read-out. Displays the current selected temperature.
- (12) Time Read-out. Displays the current selected time.
- (13) Delay Timer Icon. When flashing cooking time is in delay mode. Adjust using (C) & (D).
- (14) Time Icon. Highlights the time-adjust area of the panel.
- (15) Fan Icon. When displayed, the fan motor is in operation and the temperature is increasing to the selected setting.
- (16) Temperature Icon. Highlights the temperature-adjust area of the panel.
- (17) Preset Programs.

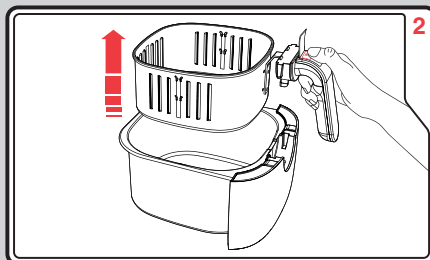
## Before First Use

- 1 Remove all packaging materials.
- 2 Remove all stickers and labels from the appliance (excluding the rating label).
- 3 Clean all parts to remove any dust or manufacturing residues.
- 4 Thoroughly wash all parts by hand with hot water, washing-up liquid and a non-abrasive sponge.
- PLEASE NOTE: All parts are NOT dishwasher safe.
- 5 Wipe the inside and outside of the appliance with a moist cloth.
- 6 Dry all parts of your Health Fryer thoroughly. When replacing the Drawer, ensure it is aligned correctly.
- 7 Use the appliance on a horizontal, flat and stable heat resistant surface, away from a heating source and where it cannot be splashed by water.

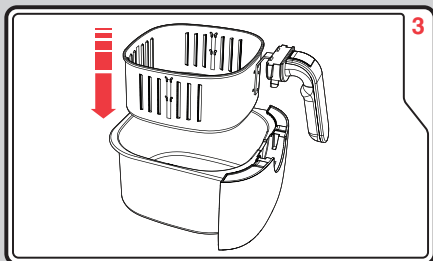
## Using Your Health Fryer Manually



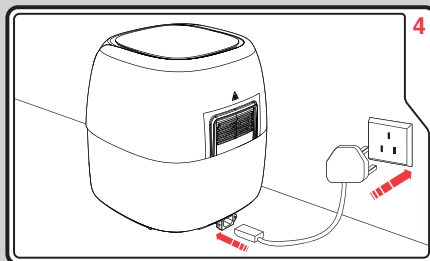
Remove the Drawer (4) from the Main Body (3). Pull the Drawer fully out from the Health Fryer.



Remove the Frying Basket (10) from the Main Drawer (4) by lifting the Basket Release Button Cover (5) and pressing the Basket Release Button (6). Use the Frying Basket Handle (7) to pull the basket fully out from the Drawer.

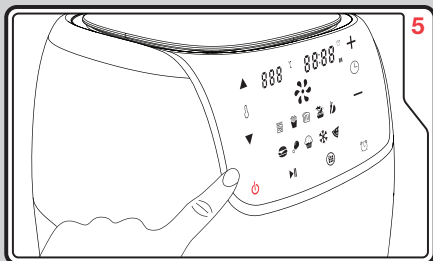


Place the Frying Basket (10) into the Drawer and re-insert the Drawer into the Main Body (3) until it clicks into place. Ensure the Drawer is fully closed. A safety switch will prevent it working if not closed properly.



Ensuring the lead is inserted into the back of the Main Body (3), plug the Health Fryer into the mains.

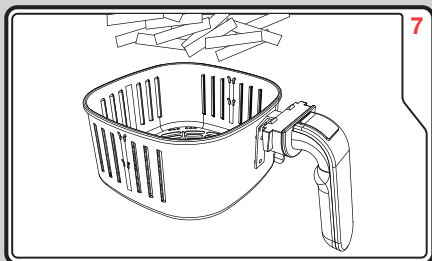
## Using Your Health Fryer Manually (Continued)



Press and hold the On / Stop Button (E) for 1 seconds until the Touch Control Panel (2) illuminates.



Press the Program Button (G) and select program 1 within the pre-programmed settings, press Start/Pause (F). This will activate the pre-heat function. When the pre-heat is complete, it will beep then automatically switch off the Health Fryer.



Remove the Drawer from the Health Fryer (see Step 1).

Place the food into the Frying Basket (10) and repeat Step 3. Do not put oil or food into the Drawer (4).



Repeat step 5 to switch back on. Using the Temperature Adjust Buttons (A & B), select the correct temperature for the food to be cooked. The temperature will be set at 180°C, and the time at 10 minutes as an automatic default.



Using the Time Adjust Buttons (C & D), select the desired time for the food to be cooked.



Press the Start / Pause Button (F) and the Health Fryer will begin cooking your food.

When the time is up on the timer, the Health Fryer will beep and automatically turn off.

If the food is not cooked to your desired requirements, repeat Steps 7-10.

Tip: Check your food at two minute intervals to ensure food is not overcooked.

Either remove the entire basket (see Step 2), or carefully use plastic or wooden utensils to remove your food.



## Pre-set Programs



Repeat Steps 1-7 of 'Using Your Health Fryer Manually' on pages 7 & 8).

Press the Program Button (G) until you reach the desired program.

### PLEASE NOTE

The program has 3 different options for frozen chips (200g/500g) and fresh chips (500g). The Program Button (G) will cycle through the 3 chip programs and the Time Read-Out (12) will change accordingly.

Once the desired program is selected press the Start / Pause Button (F) and the Health Fryer will begin cooking your food.

When the time is up on the timer, the Health Fryer will beep and automatically turn off.

If the food is not cooked to your desired requirements, repeat Steps 7-10 of 'Using Your Health Fryer Manually' on page 7.

Tip: Check your food at two minute intervals to ensure food is not overcooked.

Either remove the entire basket (see Step2, page 7), or carefully use plastic or wooden utensils to remove your food.

## Delay Timer Function



To set a delay timer, press the Delay Timer Function Button (H) and select desired delay timer by using the Increase Time Button (C) or Decrease Time Button (D). Once the delayed time appears on the Time Read-Out (12) press the Start/Pause Button (F).

## Pre-heat Function

- This function is activated by selecting Preset 1 (see 'Using Your Health Fryer' on pages 7 and 9).
- For most manual and Preset cooking options, use this Pre-heat function to ensure the Cooking Drawer is pre-heated. Failure to do this could result in the food being undercooked.
- The Pre-heat lasts for 3 minutes (see 'Cooking Guide' on page 11).

## Defrost Function

- This function is activated by selecting Preset 8 (see 'Cooking Guide' on page 11 for examples of suitable foods to be defrosted).
- The Preset 9 is for 5 minutes, this can be increased as required (see 'Using Your Health Fryer's Pre-set Programs' above).
- Ensure the food is fully defrosted as required before use.
- NOTE: The food will continue to defrost due to residual heat, so check 5-8 minutes after removing from the Drawer / Frying Basket.

## Hints And Tips

- Take into account the food to be cooked before you select your frying temperature. As a general guide pre-cooked food needs a higher cooking temperature than raw food.
- Cook your food thoroughly. Remember that your food may begin to turn golden brown before it is cooked through.
- Select your cooking utensils with care. Do not use utensils that may melt. Do not use metal utensils as they may damage the pan coatings.
- Your Health Fryer has a maximum capacity for food. This is dependant on food type (see the 'Cooking guide' for more information). As a guide do not fill the basket more than half full.
- Smaller ingredients usually require a shorter frying time than larger ingredients.
- A larger amount of ingredients requires only a slightly longer frying time, a smaller amount of ingredients requires only a slightly shorter frying time.
- Do not leave the Drawer out for too long. The temperature will drop.
- The optimal amount for preparing crispy fries is 500 grams.
- Use pre-made dough to prepare filled snacks quickly and easily. Pre-made dough also requires a shorter frying time than home-made dough.
- You can also use the Health Fryer to reheat ingredients. To do this, set the temperature to 150°C for up to 10 minutes. Check that food is hot before eating.
- If you find that food is undercooked or overcooked, be prepared to manual adjust the temperature setting up or down by 10°C to achieve the results you want.

See page 8 for how to adjust the temperature when a pre-set programme is selected.

## Care and cleaning

- 1 Clean the appliance after each use, but remove the mains plug from the wall and allow the appliance to cool down - removing the Drawer (4) from the Health Fryer allows it to cool down quicker.
- 2 Remove the power cord when cleaning the Health Fryer. The cord can then be stored with the Health Fryer itself.
- 3 Wipe the outside of the appliance with a moist cloth.
- 4 Remove the Drawer (4) and Frying Basket (10) and wash them by hand in hot soapy water, using a non-abrasive sponge.
  - If any stubborn dirt is stuck to the Drawer (4) and Frying Basket (10), half fill the Drawer with hot soapy water. Place the Frying Basket (10) in the Drawer and let them soak for approximately 10 minutes. **Do not place inside the main unit.**
  - The Drawer (4) and Frying Basket (10) have a coating. Do not use metal kitchen utensils or abrasive cleaning materials to clean them, as this may damage the coating.
- 5 Clean the inside of the appliance with a moist cloth.
- 6 Dry all parts of your Health Fryer thoroughly and replace the Drawer (4), Frying Basket (10). When replacing the Drawer, ensure it is aligned correctly.

## Cooking Guide

These frying times and temperatures are intended as a guide only and should be adjusted to suit quantity or thickness of food and your own taste.

Food	Weight or size	Temperature	Time	Remarks	Preset
• Pre-heat	• N/A	• 190°C	• 3 mins		1
• Frozen chips	• 200g	• 200°C	• 12 mins +3 mins preheat	Shake & turn over	2
• Frozen chips	• 500g	• 200°C	• 20 mins +3 mins preheat	Shake & turn over	2
• Fresh chips Lightly coat the fresh chips in oil. Spray or place in a bowl & evenly coat.	• 500g	• 180°C - 200°C	• 30 mins +3 mins preheat	Shake & turn over	2
• Toastie	• 500g	• 200°C	• 10 mins		3
• Nachos	• See recipes	• 180°C	• 5 mins		4
• Vegetables	• See recipes	• 200°C	• 30 mins		5
• Frozen beef burgers (x2)	• 2x ½lb	• 180°C	• 20 mins +3 mins preheat	Turn over	6
• Fresh chicken drumsticks (x3-4)	• 100g-500g	• 180°C	• 22 mins +3 mins preheat	Turn over	7
• Frozen fish fingers (x6-8)	• 175g	• 200°C	• 14 mins +3 mins preheat	Turn over	
• Cupcakes	• See recipes	• 180°C	• 15 mins		8
• Frozen chicken breast (to defrost ready for cooking separately)	• 128g	• 60°C (defrost)	• 15 mins		9
• Frozen pain au chocolat (x2)	• 2pc (defrost)	• 180°C	• 5 mins		9
• Frozen Sicilian lemon tart	• 175mm diameter	• 60°C (defrost)	• 10 mins		9
• Pizza	• See recipes	• 200°C	• 15 mins		10

## Troubleshooting

Problem	Reason	Solution
<ul style="list-style-type: none"> <li>The Health Fryer will not switch on.</li> </ul>	<ul style="list-style-type: none"> <li>The Health Fryer is not plugged in correctly.</li> <li>A circuit breaker has been tripped.</li> <li>The Drawer is not fully in place.</li> </ul>	<ul style="list-style-type: none"> <li>Plug the Health Fryer into the mains socket and switch on.</li> <li>Check and reset the circuit breaker.</li> <li>Push the Drawer into place.</li> </ul>
<ul style="list-style-type: none"> <li>The food has not been cooked thoroughly.</li> </ul>	<ul style="list-style-type: none"> <li>Food capacity has been exceeded.</li> <li>The temperature was set too low.</li> <li>The cooking time was not long enough.</li> </ul>	<ul style="list-style-type: none"> <li>Remove some of the food and fry again in separate batches. This will cook food more evenly and thoroughly.</li> <li>Manually increase set temperature.</li> <li>Manually increase set cooking time.</li> </ul>
<ul style="list-style-type: none"> <li>Food has cooked unevenly.</li> </ul>	<ul style="list-style-type: none"> <li>Certain types of food may need to be shaken mid-way through the frying process.</li> </ul>	<ul style="list-style-type: none"> <li>Refer to the cooking guidelines section, and if required, shake or turn food mid-way through the frying process.</li> </ul>
<ul style="list-style-type: none"> <li>The Basket Assembly will not slide back into the housing properly.</li> </ul>	<ul style="list-style-type: none"> <li>Too much food in the Basket.</li> <li>Pan not aligned correctly.</li> </ul>	<ul style="list-style-type: none"> <li>If there is too much food in the basket, please remove some of the food and retry.</li> <li>Correctly align the Drawer with the grooves located on the inside of the Health Fryer housing.</li> </ul>
<ul style="list-style-type: none"> <li>White smoke is being emitted during cooking.</li> </ul>	<ul style="list-style-type: none"> <li>The food contained within may be quite greasy or fatty.</li> <li>The Drawer may still contain oil/fat from previous use.</li> </ul>	<ul style="list-style-type: none"> <li>Greasy or fatty food will emit fat/oil into the Drawer of the Health Fryer, and when heated it may emit a white smoke. Try to avoid cooking greasy/fatty foods in the Health Fryer. The white smoke does not affect the cooking process.</li> <li>Ensure the Drawer is thoroughly cleaned after each use.</li> </ul>

## Troubleshooting (Continued)

Problem	Reason	Solution
<ul style="list-style-type: none"> <li>Chips are not cooking evenly in the Health Fryer.</li> </ul>	<ul style="list-style-type: none"> <li>Chips were not rinsed adequately before cooking.</li> </ul>	<ul style="list-style-type: none"> <li>Rinse chips thoroughly (to remove starch) and allow them to dry before cooking.</li> </ul>
<ul style="list-style-type: none"> <li>Chips are not crispy.</li> </ul>	<ul style="list-style-type: none"> <li>There may be a lack of oil or too much water.</li> <li>Chip size may be too large.</li> <li>You may be using the wrong type of potato.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure chips are dried after rinsing with water. Possibly add a little more oil to the chips before cooking.</li> <li>Try cutting the potato into smaller pieces for a crispier result.</li> <li>When making home-made chips/fries, the best type of potato to use are the floury varieties (King Edward or Maris Piper).</li> </ul>
<ul style="list-style-type: none"> <li>Food is cooking too quickly or too slowly</li> </ul>	<ul style="list-style-type: none"> <li>The incorrect temperature setting or cook time has been selected.</li> <li>Food is too close to the heating element.</li> </ul>	<ul style="list-style-type: none"> <li>Check that you are using the recommended quantities and settings in our cooking guide</li> <li>Reduce the amount of food in the fry basket</li> </ul>
<ul style="list-style-type: none"> <li>Be prepared to manually adjust the temperature setting up or down by 10°C to achieve the results you want. See page 8 for how to adjust the temperature when a pre-set programme is selected.</li> </ul>		

## Recipes



We have developed a range of delicious recipes for you to try with your new Health Fryer.

The cooking times for the following recipes are a guide and will be affected by the size and freshness of the ingredients used.

Always ensure food is thoroughly cooked before serving.

Recipes are designed for a maximum quantity to serve four people. If you are reducing the portion sizes, please adjust the cooking times as appropriate.

## Snacks & Starters

### Breaded mushrooms

Preparation time: 10 minutes

Serves: 4

Cooking time: 25 minutes

#### Ingredients:

- 200g baby button mushrooms
- 3 level tbsp plain flour
- 1 medium egg, beaten
- 75g dried breadcrumbs
- 1½ tbsp sunflower oil

#### Method:

- 1 Wash the mushrooms carefully in a colander.
- 2 Place the drained mushrooms into a plastic bag, add the flour and shake to coat.
- 3 Dip the floured mushrooms a few at a time into the beaten egg and then into the breadcrumbs.
- 4 Preheat the Health Fryer for 3 minutes (at 190°C) then place all the mushrooms into the frying basket in a single layer. Drizzle the oil over the mushrooms.
- 5 Cook for 20 – 25 minutes at 180°C, turning the mushrooms over after 12 minutes with a wooden spatula.
- 6 Serve with a dipping sauce made from 2 level tbsp natural yogurt, 2 level tbsp mayonnaise, 5g chopped fresh parsley, half a small crushed clove of garlic and season with salt and pepper to taste.

### Chicken nuggets

Serves: 4 – 6

Cooking time: 20 minutes

Preparation time: 10 minutes

#### Ingredients:

- 500g chicken breast
- 4 level tbsp plain flour, seasoned with salt and pepper
- 2 eggs, beaten
- 150g dried breadcrumbs
- 4 tbsp olive oil

#### Method:

- 1 Cut the chicken into bite sized chunks with scissors.
- 2 Dip the chunks a few at a time first into flour, then the beaten egg and then into the breadcrumbs. Set aside on a plate.
- 3 Place half the nuggets on a plate, drizzle over 2 tbsp olive oil and turn them to coat. Refrigerate the second lot until needed.
- 4 Preheat the Health Fryer.
- 5 Cook the first batch at 190°C for 15- 20 minutes, turning over or shaking the basket halfway through cooking.
- 6 Coat the remaining nuggets with the rest of the oil and repeat as above.
- 7 Serve with tomato ketchup and side salad.

## Caprese open sandwich

Serves: 1- 2

Cooking time: 15 minutes

Preparation time: 5 minutes

### Ingredients:

- 2 slices white bloomer loaf, cut 20mm thick
- 2 tbsp olive oil
- 1 clove garlic, cut in half
- 100g firm, sweet tomatoes
- A few basil leaves
- 120g Buffalo mozzarella
- Salt and freshly ground black pepper

### Method:

- 1 Rub the cut side of the garlic over one side of the bread and then brush each with ½ tbsp olive oil.
- 2 Slice the tomatoes and place on top of the bread.
- 3 Tear a few basil leaves and place some on top and some underneath the tomatoes. Season well.
- 4 Cut the mozzarella into slices and place on top of the tomatoes.
- 5 Season the top with a little freshly ground pepper and drizzle with the remaining tbsp oil.
- 6 Preheat the Health Fryer.
- 7 Place the sandwiches carefully into the frying basket and cook at 180°C for 10-15 minutes until the cheese has melted and starting to brown.
- 8 Serve immediately garnished with a basil leaf.

### Hints and tips:

For a more pronounced garlic flavour, crush the garlic at stage 1.

## Toastie Preset

### Ingredients:

- Ham and smoked cheese Toastie
- 2 slices white bread
- A little soft butter or spread
- 1 slice cooked ham
- 2 slices Applewood smoked cheese

### Method:

- 1 Generously butter one side of each of the bread slices.
- 2 With butter side down, add a slice of ham and then the sliced cheese, slightly overlap the cheese in the middle if necessary.
- 3 Put the remaining slice of bread, butter side up on top of the filling. Press down lightly.
- 4 Preheat the air fryer for 3 minutes at 190°C (Preset 1) and then cook the Toastie (cheese layer uppermost) for 10 minutes at 200°C.



## Soft cheese and prawn Toastie

### Ingredients:

- 2 slices white bread
- A little softened butter
- 30g cooked prawns
- 5g onion, finely chopped
- 50g soft semi ripe cheese (e.g. Brie), thinly sliced

### Method:

- 1 Generously butter one side of each of the bread slices.
- 2 With butter side down, add prawns and then the onions and cheese.
- 3 Put the remaining slice of bread, butter side up on top of the filling. Press down lightly.
- 4 Preheat the air fryer for 3 minutes at 190°C (Preset 1) and then cook the Toastie for 10 minutes at 200°C.

## Frying Basket - Potato Dishes

### Freshly Cut Chips

Serves: 2-4

Cooking time: 30 minutes

Preparation time: 10 minutes plus 20 minutes soaking

### Ingredients:

- 500g ( peeled weight ) Maris Piper potatoes
- 1 tbsp sunflower oil
- salt

### Method:

- 1 Cut the potatoes into chips of approximate size 80mm x 20mm, place in a colander and rinse under cold running water.
- 2 Place the chips into a bowl of cold water to soak for 20-30 minutes.
- 3 Drain the chips through the colander and then pat dry with a tea towel.
- 4 Place the chips into a bowl, drizzle over the oil and sprinkle with a little salt. Mix well.
- 5 Preheat the Health Fryer for 3 minutes (at 190°C), then place the chips into the frying basket and shake to level.
- 6 Cook at 200°C for approximately 30 minutes, shaking the basket every ten minutes.
- 7 Serve immediately.

## Potato wedges

Serves: 2-4

Cooking time: 30 minutes

Preparation time: 10 minutes plus 20 minutes soaking

### Ingredients:

- 500g Maris Piper potatoes
- 1 level tsp ground cumin
- 1 level tsp ground coriander
- 1 level tsp paprika
- A little salt
- 1½ tbsp olive oil

### Method:

- 1 Wash and halve each potato and then cut the halves into wedges.
- 2 Place in a bowl of cold water and soak for 20 minutes.
- 3 In a bowl, mix together the spices and salt.
- 4 Drain the wedges through a colander and then pat dry with a clean tea towel.
- 5 Rinse and dry the bowl used for soaking the wedges and then return the wedges to the bowl.
- 6 Add the oil and stir to cover the wedges.
- 7 Sprinkle over the spices and mix well to coat.
- 8 Preheat the Health Fryer for 3 minutes and then place the wedges into the frying basket and shake to level.
- 9 Cook for 30 minutes at 200°C, shaking the basket every ten minutes.

### Hints and tips:

For a change, try 500g sweet potatoes (no need to peel) with 1 tbsp chopped fresh thyme, salt and pepper and 2 tbsp olive oil.

## Rosemary roast potatoes

Serves: 2-4

Cooking time: 30 minutes

Preparation time: 5 minutes

### Ingredients:

- 500g Maris Piper potatoes
- 1 tbsp extra virgin olive oil
- ½ level tsp salt
- 1 tbsp chopped fresh rosemary (or ½tbsp dried)

### Method:

- 1 Wash and dry the potatoes.
- 2 Leaving the skin on, cut each potato in half and then cut into bitesize pieces.
- 3 Place the potato in a mixing bowl and add the other ingredients. Stir well.
- 4 Preheat the Health Fryer.
- 5 Cook the potatoes for 30 minutes at 200°C, shaking the basket after 15 minutes.
- 6 Serve immediately.

## Frying Basket - Main Courses

### Tandoori Chicken wraps

Serves: 2-4

Cooking time: 30 minutes

Preparation time: 10 minutes plus marinating overnight

#### Ingredients:

- 2 skinless and boneless chicken breasts each weighing 175g
- 100g natural yogurt
- 1½ level tbsp tandoori powder
- 1 crushed clove garlic
- 1 ½ tsp lemon juice
- 2 pinches salt
- 2 tsp sunflower oil

#### For mint raita:

- 4 level tbsp natural yogurt
- 1 tsp lemon juice
- 6-8 mint leaves, chopped
- pinch salt

#### To serve:

- 2 - 4 Tortilla wraps
- Mint raita
- Shredded lettuce, tomato, cucumber
- Lemon wedges
- Mango chutney if desired

#### Method:

- 1 Using a sharp knife, make three cuts at an angle on one side of each of the chicken breasts.
- 2 In a bowl, mix together the yogurt, tandoori powder, crushed garlic, lemon juice and salt.
- 3 Rub the mixture all over and into the cuts made on the chicken breasts.
- 4 Place the chicken in a dish in a single layer, cover with foil and refrigerate overnight.
- 5 Preheat the Health Fryer. Spoon 1 tsp oil over the chicken breasts, discarding the excess tandoori yogurt mixture.
- 6 Place the chicken into the frying basket and cook at 200°C for 25- 30 minutes, turning half way through cooking.
- 7 Meanwhile make the raita: Mix all the ingredients together in a small serving bowl or ramekin.
- 8 Four minutes before the end of cooking, loosely roll the tortilla wraps together and make a parcel from foil. Place on top of the chicken to warm through for 4 minutes.
- 9 Slice the chicken and serve with the tortillas, shredded lettuce, salad and mint raita.

## Herby Chicken thighs

Serves: 2-4

Cooking time: 30 – 40 minutes

Preparation time: 5 minutes plus marinating time

### Ingredients:

- 4 chicken thighs, with skin on
- 2 level tsp dried oregano
- 2 level tsp dried thyme
- 2 bay leaves
- black pepper
- 2 tbsp lemon juice
- 5 tbsp olive oil
- A little salt

### Method:

- 1 Prick the chicken all over with a fork and place in a shallow layer in a dish.
- 2 Sprinkle on the oregano and thyme, add the bay leaves and a generous grinding of black pepper.
- 3 Pour on the lemon juice and olive oil and turn the joints to coat them all over.
- 4 Cover the dish with foil, place in the fridge for at least 4 hours, turning from time to time.
- 5 Preheat the Health Fryer.
- 6 Discarding the marinade place the chicken into the frying basket.
- 7 Cook at 180°C for 30 -40 minutes, turning halfway through cooking. Ensure the chicken is fully cooked and that the juices run clear before serving.
- 8 Season the chicken with a little salt and serve on a bed of watercress with new potatoes or French fries.

## Corned Beef Baked Potatoes

Serves: 2

Cooking time: 1 hour 15 minutes

Preparation time: 10 minutes

### Ingredients:

- 2 even sized baking potatoes (each approximately 250g)
- 200g corned beef
- 75g onion, chopped finely
- 1 tbsp olive oil
- Freshly ground black pepper.
- A little butter

### Method:

- 1 Preheat the Health Fryer.
- 2 Place the finely chopped onion onto a piece of foil and drizzle over the olive oil. Place the foil into the frying basket and cook the onion at 200°C for 10 -15 minutes or until beginning to soften.
- 3 Wash and dry the potatoes and then prick all over with a fork.
- 4 When the onions are ready, remove from the Health Fryer and set aside until later.
- 5 Bake the potatoes at 200°C for about 60 minutes.
- 6 When the potatoes are ready, cut a slit lengthways down the skin and scoop the contents into a bowl.
- 7 Mash the potato and corned beef together until well mixed, add the chopped onion and some black pepper.
- 8 Spoon the mixture back into the potato cases, dot with a little butter and bake at 200°C for 10-15 minutes or until beginning to brown.
- 9 Serve immediately with a side salad and pickles.

## Lamb Kofta meatballs

Serves: 2-3

Cooking time: 15-20 minutes

Preparation time: 10 minutes

### Ingredients:

- 375g lamb mince
- 75g onion, finely chopped
- 12 mint leaves finely chopped
- 2 garlic cloves crushed
- 2 level tsp harissa paste
- 1 level tsp cinnamon
- Two good pinches of salt
- Freshly ground black pepper
- A little olive oil

### To serve:

- 6 tbsp natural yogurt
- 1 tsp lemon juice
- 3 sprigs mint, leaves chopped finely
- Pinch salt

### Method:

- 1 Place the meatball ingredients into a bowl and mix together until well combined.
- 2 Form into 12 small balls.
- 3 Preheat the Health Fryer.
- 4 Lightly brush the surface of each ball with oil.
- 5 Cook at 180°C for 15- 20 minutes, until browned and cooked through turning after 10 minutes.
- 6 Serve with a mixed salad, a lemon yogurt dressing and rice.

### Hints and tips:

Adjust or use different spices to suit your own taste, or add herbs only for a change.

## Quick and Easy Nachos

### Ingredients:

- 65g lightly salted Tortilla chips
- 2 or 3 level tbsp salsa or pizza topping with herbs
- Pinch crushed dried chillies
- 40g Cheddar cheese, grated

### Method:

- 1 Line the base of the Frying Basket with a length of doubled over tin foil and position this so that it covers the base and comes up both sides of the basket to make lifting the Nachos out easier.
- 2 Remove the foil from the basket and put the ingredients on it in the order listed.
- 3 Put the basket and pan into the Air Fryer and preheat for 3 minutes at 190°C (Preset 1), carefully insert the foil tray and then cook the Nachos for 5 minutes at 180°C.
- 4 Serve immediately.

## Frying Basket - Main Courses

### Pizza

Serves :1

Preparation time: 15 minutes plus rising time

Cooking time: 10-15 minutes

#### Dough:

- 120g strong white bread flour
- 3.5g fast action yeast
- ¼ level tsp salt
- ½ tbsp extra virgin olive oil
- 75ml tepid water

#### Topping:

- 1 clove garlic, crushed
- Salt and black pepper
- 2 tbsp tomato passata
- ½ level tsp dried mixed herbs
- ½ level tsp dried oregano
- 15g pepperoni / salami, sliced thinly
- 4 -5 small jalapeno slices, drained of liquid
- 70g mozzarella, sliced
- A little extra virgin olive oil

#### Method:

- 1 Place the flour, yeast and salt into a mixing bowl. Add the olive oil and tepid water and mix with a fork until combined. Form into a ball with your hands.
- 2 Turn the dough onto the work surface or board and using a little flour knead the dough for 3-4 minutes until smooth and elastic.
- 3 Place the dough into a bowl, cover with cling film and leave in a warm place to rise for 1 - 1½ hours.
- 4 Meanwhile prepare the topping.
- 5 Remove the dough from the bowl when ready and knead lightly. Using a rolling pin, roll it into a circle of approximately 17cm diameter.
- 6 Spread the crushed garlic over the pizza surface and sprinkle with a little salt and pepper.
- 7 Lightly brush the shallow Frying Pan with a little extra virgin olive oil and then preheat the Health Fryer.
- 8 When preheated, remove the Frying Pan from the Drawer and carefully place the pizza base onto the Frying Pan. Spread over the passata, sprinkle with the herbs, and decorate with the pepperoni and jalapenos.
- 9 Top with the sliced mozzarella, a little black pepper and a drizzle of extra virgin olive oil.
- 10 Cook at 200°C for 10 – 15 minutes until the cheese has melted and browned and then remove from the Frying Pan with a fish slice.
- 11 Garnish with a fresh basil leaf and serve immediately.

## Mexican Tuna Melt

### Ingredients:

- 2 small flour tortillas
- A little sunflower oil spray
- half a 145g tin of tuna in spring water, drained
- 2 level tbsp mayonnaise
- ¼ level tsp chilli powder
- 1.5g fresh coriander leaves, roughly chopped
- 5g jalapeno's in brine, drained and finely chopped
- 3.5g spring onion, finely chopped
- 1 tsp lime juice
- Salt and pepper
- 50g Cheddar cheese, grated

### Method:

- 1 Mix the tuna with the mayonnaise, chilli powder, coriander, jalapenos, spring onion, lime juice, salt and pepper and 35g cheese.
- 2 Put the basket and pan into the Air Fryer and preheat for 3 minutes at 190°C (Preset 1).
- 3 Meanwhile, spray one side of each of the flour tortillas with a little of the oil until evenly coated.
- 4 Spread the tuna mixture onto the other side of one tortilla and then top with the second tortilla, oil side up. Press down lightly and place in the frying basket with the extra cheese on top and cook for 5 minutes at 180°C.
- 5 Remove carefully using a fish slice, cut into wedges and serve immediately.

## Frying Basket - Desserts/Puddings

### Blueberry Muffins

Serves: 4

Cooking time: 20 minutes

Preparation time: 10 minutes

#### Ingredients:

- 120g plain flour
- 1½ level tsp baking powder
- 50g caster sugar
- 35g unsalted butter
- 1 egg, beaten
- 25ml vegetable oil
- 2 tbsp milk
- 75g fresh blueberries
- 8 muffin cases

#### Method:

- 1 Sieve the flour, baking powder and sugar into a mixing bowl.
- 2 Melt the butter in a pan over a low heat and then mix with the beaten egg and the oil.
- 3 Add the butter, egg and oil to the dry ingredients and fold lightly in with the milk with a tablespoon until partly combined and then add the blueberries.
- 4 Preheat the Health Fryer.
- 5 Using two paper cases for each, divide the mixture equally to make four muffins and when ready, carefully place into the frying basket.
- 6 Cook at 170°C for 20 minutes.
- 7 Cool on a wire rack.

### Baked Bananas

Serves: 2

Cooking time: 10 minutes

Preparation time: 5 minutes

#### Ingredients:

- 2 ripe but firm bananas (of size to fit in the frying basket in a single layer)
- 4 tsp clear honey
- A little ground cinnamon

#### To serve:

- Vanilla ice cream or fresh cream

#### Method:

- 1 Remove the skin from the bananas and place each on a piece of cooking foil, large enough to make a parcel.
- 2 Sprinkle a little cinnamon and drizzle over 2 tsp of honey onto each banana.
- 3 Make a foil parcel ensuring the ends and top are secure to avoid leakage during cooking.
- 4 Preheat the Health Fryer.
- 5 Place the foil parcels into the frying basket in a single layer with the crimped edge uppermost and bake at 140°C for 10 minutes.
- 6 Remove the foil parcels, opening carefully as the liquid inside will be hot.
- 7 Place the banana onto a serving plate and serve with vanilla ice cream or fresh cream.

#### Hints and tips:

Green bananas are unsuitable as they have a poor flavour.



## Contact Us

## Helpline

If you are having a problem with your appliance, please call our Helpline, as we are more likely to be able to help than the store you purchased the item from.

Please have the product name, model number and serial number to hand when you call to help us deal with your enquiry quicker.

UK Helpline: 0344 871 0944

IRE Helpline: 1800 409 119

Spares: 0344 873 0710

## Talk To Us

If you have any questions or comments, or want some great tips or recipe ideas to help you get the most out of your products, join us online:

Blog: [www.morphyrichards.co.uk/blog](http://www.morphyrichards.co.uk/blog)

Facebook: [www.facebook.com/morphyrichardsuk](https://www.facebook.com/morphyrichardsuk)

Twitter: @loveyourmorphy

Website: [www.morphyrichards.com](http://www.morphyrichards.com)

## Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

## Notes

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## Notes

DF480005 MUK Rev2 11/19

## Registering your 2 year guarantee

Your standard one year guarantee is extended for an additional 12 months when you register the product within 28 days of purchase with Morphy Richards. If you do not register the product with Morphy Richards within 28 days, your product is guaranteed for 1 year. To validate your 2 year guarantee register with us online at [www.morphyrichards.co.uk](http://www.morphyrichards.co.uk)

Or call our customer registration line quoting model and serial number, these numbers can be found on the base of the product.

**UK 0344 871 0242**  
**IRE 1800 409 119**

N.B. Each qualifying product needs to be registered with Morphy Richards individually.

Please note that the 2 year guarantee is only available in the UK and Ireland. Please refer to the one year guarantee for more information.

## Your 1 year guarantee

It is important to retain the retailer's receipt as proof of purchase. Staple your receipt to this back cover for future reference.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product.

Model no.

Serial no.

All Morphy Richards products are individually tested before leaving the factory. In the unlikely event of any appliance proving to be faulty within 28 days of purchase, it should be returned to the place of purchase for it to be replaced.

If the fault develops after 28 days and within 12 months of original purchase, you should contact the Helpline number quoting Model number and Serial number on the product, or write to Morphy Richards at the address shown.

You may be asked to return a copy of proof of purchase.

Subject to the exclusions set out below (see Exclusions), the faulty appliance will then be repaired or replaced as appropriate and dispatched usually within 7 working days of receipt.

If, for any reason, this item is replaced or repaired during the 1 year guarantee period, the guarantee on the new item will be calculated from original purchase date. Therefore it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 1 year guarantee, the appliance must have been used according to the instructions supplied. For example, crumb trays should have been emptied regularly.

## Exclusions

Morphy Richards shall not be liable to replace or repair the goods under the terms of the guarantee where:

- 1 The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
  - 2 The appliance has been used on a voltage supply other than that stamped on the products.
  - 3 Repairs have been attempted by persons other than our service staff (or authorised dealer).
  - 4 The appliance has been used for hire purposes or non domestic use.
  - 5 The appliance is second hand.
  - 6 Morphy Richards reserves the right not to carry out any type of servicing under the guarantee at its discretion.
  - 7 Batteries and damage from leakage are not covered by the guarantee.
- This guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This guarantee is offered as an additional benefit and does not affect your statutory rights as a consumer. Morphy Richards products are intended for household use only. See usage limitations within the location safety instructions.

## Disclaimer

Morphy Richards has a policy of continuous improvement in product quality and design. The company, therefore reserves the right to change the specification of its models at any time.



For electrical products sold within the European Community. At the end of the electrical products useful life, it should not be disposed of with household waste.

Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice in your country

**IF YOU ARE HAVING A PROBLEM  
WITH ONE OF OUR PRODUCTS, CALL  
OUR HELPLINE:**

**UK: 0344 871 0944**  
**EIRE: 1800 409 119**  
**SPARES: 0344 873 0710**

**morphy richards**

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