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PROFESSIONAL

AeroGrill Pro

Recipe booklet and cooking chart



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Grill Chart

Ingredient	Amount	Temperature	Cooking time	Instructions
Chicken				
Chicken breasts	2 bone-in breasts	HIGH	16–20 mins	Flip halfway through cooking
	4 boneless breasts	HIGH	14–18 mins	Flip halfway through cooking
Chicken leg quarters	2 bone-in leg quarters	HIGH	20–24 mins	Flip halfway through cooking
Chicken sausages	6 sausages	HIGH	5–6 mins	
Chicken tenderloins	6 boneless tenderloins	HIGH	7–10 mins	Flip halfway through cooking
Chicken thighs	4 bone-in thighs	HIGH	15–18 mins	Flip halfway through cooking
	4 boneless thighs	HIGH	15–18 mins	Flip halfway through cooking
Chicken wings	900 g, bone-in (drumettes and flats)	HIGH	10–14 mins	Flip halfway through cooking
Beef				
Burgers	4 patties, 2.5 cm thick	HIGH	4–6 mins	Flip halfway through cooking
Flat iron steak	2 steaks, 2.5 cm thick	HIGH	8–10 mins	Flip halfway through cooking
Flank steak	2 steaks, 2.5 cm thick	HIGH	7–10 mins	Flip halfway through cooking
Ribeye steak	2 steaks, 2.5 cm thick	HIGH	8–10 mins	Flip halfway through cooking
T-bone steak	2 steaks, 2.5 cm thick	HIGH	9–12 mins	Flip halfway through cooking

Pork and Lamb				
Bacon	5 strips, thick cut	LOW	9–11 mins	Flip halfway through cooking
Lamb rack	½ rack/4 bones	HIGH	12–14 mins	Flip halfway through cooking
Pork chops	2 bone-in chops	HIGH	15–18 mins	Flip halfway through cooking
	4 boneless chops	HIGH	14–16 mins	Flip halfway through cooking

Pork steaks	2 8-oz steaks	HIGH	15–20 mins	Flip halfway through cooking
Spareribs	3 2-bone ribs	HIGH	24–28 mins	Flip halfway through cooking
Sausages	6 sausages	LOW	8–12 mins	Flip halfway through cooking
Seafood				
Cod	4 fillets	HIGH	8–10 mins	
Halibut	4 fillets	HIGH	6–9 mins	
Scallops	450 g	HIGH	5–8 mins	Flip halfway through cooking
King prawns	16–18 prawns	HIGH	3–5 mins	Pat dry, season
Swordfish	4 fillets	HIGH	6–8 mins	
Tuna	4 fillets	HIGH	6–7 mins	
Frozen				
Chicken breasts	6 boneless breasts	MEDIUM	22–26 mins	Flip 2–3 times during cooking
Chicken thighs	6 bone-in thighs	MEDIUM	25–28 mins	Flip 2–3 times during cooking
Turkey burgers	4 patties	MEDIUM	11–13 mins	Flip halfway through cooking
Beef burgers	4 patties	MEDIUM	10–12 mins	Flip halfway through cooking
Sirloin Steak	2 steaks	MEDIUM	18–24 mins	Flip 2–3 times during cooking
Pork chops	4 boneless chops	MEDIUM	20–23 mins	Flip 2–3 times during cooking
Pork steaks	2 8-oz steaks	MEDIUM	20–25 mins	Flip 2–3 times during cooking
Sausages	6 sausages	LOW	10–14 mins	Flip halfway through cooking
Halibut	4 fillets	HIGH	14–16 mins	Flip halfway through cooking
Salmon	4 fillets	HIGH	10–13 mins	Flip halfway through cooking
Prawns	16–18 prawns	HIGH	4–5 mins	
Veggie burgers	4 patties	HIGH	8–10 mins	Flip halfway through cooking
Frozen				
Asparagus	1 bunch Whole, trimmed	HIGH	5–7 mins	

Baby bok choy	450 g Cut in half lengthways, season	HIGH	9–11 mins	Flip halfway through cooking
Bell peppers	3 peppers Cut in quarters, season	HIGH	10–12 mins	Flip halfway through cooking
Broccoli	2 heads Cut into 5 cm florets	HIGH	10 mins	
Carrots	675 g Peel and cut into 5 cm pieces, season	HIGH	12 mins	
Cauliflower	1 head Cut into 5 cm florets	HIGH	12–15 mins	
Corn on the cob	4 cobs Remove husks	HIGH	10–13 mins	Flip halfway through cooking
Button mushrooms	450 g Cut in half, season	HIGH	5–7 mins	
Aubergine	1 large Cut into 5 cm pieces	HIGH	10–12 mins	Flip halfway through cooking
Green beans	680 g Trim stems, season	HIGH	8–10 mins	
Tomatoes	5 tomatoes Cut in half, season	HIGH	8–10 mins	
Courgette	680 g Cut in quarters lengthwise, season	HIGH	12–16 mins	Flip halfway through cooking

Bread and Cheese

Halloumi	500 g Cut into 2.5 cm slices	HIGH	4 mins	
Bread	2 slices Brush with oil	HIGH	3–4 mins	

Air Fry Chart

Ingredient	Amount	Oil	Temperature	Cooking time
Vegetables				
Asparagus	2 bunches Whole, trimmed	2 tsp	200 °C	12–14 mins
Bell peppers	4 peppers Whole	None	200 °C	20–25 mins
Broccoli	2 heads Cut into 2.5 cm florets	1 tbsp	200 °C	12–16 mins
Carrots	900 g Peel and cut into 1 cm pieces	1 tbsp	200 °C	16–18 mins
Cauliflower	2 heads Cut into 2.5 cm florets	2 tbsp	200 °C	20–24 mins
Corn on the cob	5 cobs Remove husks	1 tbsp	200 °C	12–15 mins
Green beans	2 bags Trim stems	1 tbsp	200 °C	10–12 mins
Kale	1 bag Tear in pieces, remove stems	None	148 °C	10–12 mins
Mushrooms	450 g Rinsed, cut into quarters	1 tbsp	200 °C	10–12 mins
White potatoes	1.3 kg Cut into 2.5 cm wedges	1 tbsp	200 °C	25–30 mins
	450 g Cut into thin fries	0.5–3 tbsp	200 °C	20–25 mins
	450 g Cut into thick chips	1–3 tbsp	200 °C	23–26 mins
	4 potatoes Whole, pierce with fork	None	200 °C	38–42 mins

Sweet potatoes	675 g Cut into 2.5 cm chunks	1 tbsp	200 °C	15–20 mins
	6 potatoes Whole, pierce with fork	None	200 °C	30–35 mins
Courgette	900 g Cut in quarters lengthwise	1 tbsp	200 °C	15–18 mins
Chicken				
Chicken breasts	2 bone-in breasts	Brush with oil	190 °C	25–35 mins
	2 boneless breasts	Brush with oil	190 °C	18–22 mins
Chicken thighs	4 bone-in thighs	Brush with oil	200 °C	22–28 mins
	4 boneless thighs	Brush with oil	200 °C	18–22 mins
Chicken wings	900 g bone-in wings	1 tbsp	200 °C	22–26 mins
Pork and Lamb				
Bacon	4 strips Cut in half	None	180 °C	8–10 mins
Pork chops	2 bone-in chops	Brush with oil	190 °C	15–17 mins
	4 boneless chops	Brush with oil	190 °C	14–17 mins
Pork tenderloins	2 tenderloins	Brush with oil	190 °C	25–35 mins
Sausages	4 sausages		200 °C	8–10 mins
Frozen				
Chicken cutlets	5 cutlets	None	200 °C	18–21 mins
Chicken nuggets	340 g	None	200 °C	11–14 mins
Fish fillets	6 fillets	None	200 °C	14–16 mins
Fish fingers	18	None	200 °C	11–14 mins
French fries	500 g	None	200 °C	15–20 mins
	1 kg	None	180 °C	20–25 mins
Mozzarella sticks	340 g	None	190 °C	8–10 mins
Breaded mushrooms	12 mushrooms	None	170 °C	15–18 mins
Onion rings	375 g	None	180 °C	10–12 mins

Sweet potato fries	500 g	None	190 °C	20–22 mins
Hash browns	500 g	None	175 °C	18–22 mins
Bread and Pastries				
All butter croissants	4 croissants	None	160 °C	5 mins
Ready to bake bread rolls	6 rolls	None	180 °C	5–8 mins

Dehydration Chart			
Ingredients	Preparation	Temperature	Dehydration Time
Fruit and Vegetables			
Apples	Cut into 3 mm slices, remove core, brush with lemon juice, pat dry	60 °C	7–8 hours
Bananas	Peel, cut into 3 mm slices	60 °C	8–10 hours
Fresh herbs	Rinse, pat dry, remove stems	60 °C	4 hours
Mango	Peel, cut into 1 cm, remove stone	60 °C	6–8 hours
Pineapple	Peel, cut into 3 mm slices, remove core	60 °C	6–8 hours
Strawberries	Cut in half or in 1 cm slices	60 °C	6–8 hours
Tomatoes	Cut into 3 mm slices or grated	60 °C	6–8 hours
Meat			
Beef jerky	Cut into 5 mm slices, marinate overnight	70 °C	5–7 hours



A Step by Step Guide to Making Chips

Home-made Chips

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

STEP 2: Place the chopped potatoes into a pan of cold water. Bring water to the boil and parboil the potatoes for approx. 3 minutes.

STEP 3: Select 'CHIPS' on the LED display. Press the start/stop button to begin preheating at 170 °C.

STEP 4: Drain the water from the potatoes and 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. Check they are fully coated for best results.

STEP 6: Cook for 15–25 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 main unit, season and enjoy.

Frozen Chips

STEP 1: Select 'CHIPS' on the LED display. Press the start/stop button to begin preheating at 170 °C.

STEP 2: Add 300–700 g of frozen chips into the non-stick cooking basket.

STEP 3: Cook for 15–25 minutes.

STEP 4: Shake the chips regularly (approx. every 6 minutes) to make sure that they cook evenly.

STEP 5: Once cooked through and crispy, remove from the main unit, season and enjoy.

Chicken Fajita Kebab

Preparation time: approx. 15 mins
Preheat time: approx. 8 mins
Cooking time: 8–12 mins
Servings: 4
Requires wooden skewers
(max. 8 inches long)

Ingredients

8 button mushrooms
(halved with stems removed)
2 chicken breasts (chopped into 2-inch chunks)
1 bell pepper (chopped into 2-inch pieces)
1 small white onion
(peeled and chopped into 2-inch pieces)
Fajita seasoning, to taste
Salt and pepper, to taste

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'HIGH' and the time to 12 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, assemble the kebabs by alternating the ingredients and sliding onto the skewers until almost filled. • Season the kebabs liberally with fajita seasoning and salt and pepper, to taste. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the kebabs onto the non-stick coated grill plate and then close the cooking compartment. • Cook the kebabs for 8–12 mins without flipping. Check that the chicken is cooked through before serving. • Serve immediately with your choice of sides.

Classic Hotdog with Onions

Preparation time: approx. 15 mins
Preheat time: approx. 8 mins
Cooking time: 26 mins
Makes 6 hotdogs

Ingredients

6 raw sausages
6 hotdog buns
1 white onion
(peeled and sliced into 1-inch rings)
2 tbsp canola oil
Salt and pepper, to taste
Condiments, to taste

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'LOW' and the time to 26 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, toss the onions with canola oil, and salt and pepper, to taste. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the onions onto the non-stick coated grill plate and then close the cooking compartment. • Cook the onions for 12 mins, then remove from the cooking compartment and set aside. • Place the sausages onto the non-stick coated grill plate and then close the cooking compartment. After 6 mins, open the cooking compartment and carefully flip the sausages before cooking for a further 6 mins. Check that the sausages are cooked through before serving. • Cut the hot dog buns down the middle and place cut-side down onto the non-stick coated grill plate and then close the cooking compartment. Cook for the remaining 2 mins. • Assemble the hotdogs and serve immediately topped with the onions and your choice of condiments.

Sweet Potato Steaks with Greek Salad

Preparation time: approx. 20 mins
Preheat time: approx. 8 mins
Cooking time: 17 mins
Servings: 2

Ingredients

250 g feta cheese (crumbled)
80 g pecans (roughly chopped)
80 g black olives
1 large sweet potato (peeled and cut lengthways into 5-cm steaks)
1 small red onion (peeled and finely chopped)
1 lemon (juiced)
3 cloves garlic (peeled and minced)
4 tbsp vegetable oil
1 tbsp fresh oregano (minced)
1 tbsp fresh parsley (minced)
Salt and pepper, to taste

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'HIGH' and the time to 17 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, combine the olives, oregano, parsley, garlic, lemon juice, feta, pecans, red onion, 2 tbsp vegetable oil and salt and pepper, to taste, to form the Greek salad. • Rub the sweet potato steaks with 2 tbsp vegetable oil and season with salt and pepper, to taste. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the sweet potato steaks two at a time onto the non-stick coated grill plate and then close the cooking compartment. • After 10 mins, open the cooking compartment and carefully flip the sweet potato steaks before cooking for a further 5 mins. Then, open the cooking compartment and coat the sweet potato steaks with the Greek salad before cooking for the remaining 2 mins. Check that the sweet potato steaks are cooked through before serving. • Serve immediately with your choice of sides.

French Fries with Parmesan and Garlic Mayonnaise

Preparation time: approx. 15 mins
Preheat time: approx. 3 mins
Cooking time: 20–22 mins
Servings: 6

Ingredients

240 g frozen French fries
120 g mayonnaise
120 g parmesan cheese (grated)
2 cloves garlic (minced)
1 tbsp lemon juice
1 tbsp vegetable oil
1 tsp garlic powder
½ tsp salt
¼ tsp ground black pepper

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Plug in and switch on the main unit at the mains power supply. • Select 'CHIPS' on the LED display; set the time to 22 mins. Press the start/stop button to begin preheating. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the French fries into the cooking pot and then close the cooking compartment. • After 10 mins, open the cooking compartment and carefully shake the French fries to prevent sticking before cooking for a further 15 mins. Check that the French fries are cooked through before serving. • While the French fries are cooking, combine the mayonnaise, garlic, garlic powder, lemon juice and salt and pepper in a bowl. • Serve immediately tossed in vegetable oil and parmesan cheese, with a side of garlic mayonnaise.

Soy and Honey Salmon Fillets

Preparation time: approx. 15 mins

Preheat time: approx. 8 mins

Cooking time: 8–12 mins

Servings: 2

Ingredients

- 2 frozen salmon fillets
- 1 lime (zested and juiced)
- 2 tbsp butter
- 2 tbsp honey
- 2 tbsp canola oil
- 1 tbsp fresh parsley (minced)
- 2 tsp soy sauce
- 1 tsp ginger (minced)
- 1 tsp garlic (minced)
- 1 tsp salt
- 1 tsp ground black pepper

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'FISH' on the LED display; set the time to 12 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, combine all ingredients except the salmon fillets and butter in a bowl and mix well to form the marinade. • Place the salmon fillets into the bowl and generously coat with the marinade. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the salmon fillets onto the non-stick coated grill plate and then close the cooking compartment. • Cook the salmon fillets for 8–12 mins. Check that the salmon is cooked through before serving. • While the salmon is cooking, pour the remaining marinade into a small saucepan and bring to the boil for approx. 2 mins, then remove from the heat and whisk in the butter to create the sauce. • Serve immediately drizzled in sauce and with your choice of sides.





Jalapeno, Garlic and Onion Cheeseburgers

Preparation time: approx. 10 mins

Preheat time: approx. 8 mins

Cooking time: 8 mins

Servings: 4

Ingredients

680 g raw ground beef (80 % lean)

4 slices cheddar cheese

4 burger buns

1 jalapeno (finely chopped)

½ onion (peeled and finely chopped)

1 tsp crushed garlic

Salt and pepper, to taste

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'HIGH' and the time to 8 mins. Press the start/stop button to begin preheating.

• While the main unit is preheating, combine the ground beef, jalapeno, garlic and onion in a bowl. • Split the beef mixture into four portions and use your hands to form four 4-inch patties.

• Make a 1-inch indent in the centre of each patty using your thumb, and then season the patties with salt and pepper, to taste. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the patties onto the non-stick coated grill plate and then close the cooking compartment. • After 6 mins, open the cooking compartment and carefully place a slice of cheddar cheese onto each patty before cooking for a further 1 min. Check that the patties are cooked through before serving.

• Cut the burger buns down the middle and place cut-side down onto the non-stick coated grill plate and then close the cooking compartment. Cook for the remaining 1 min. • Assemble the cheeseburgers and serve immediately topped with your choice of condiments.

Honey and Herb Charred Parsnips

Preparation time: approx. 15 mins
Preheat time: approx. 8 mins
Cooking time: 10 mins
Servings: 4

Ingredients

6 medium parsnips (peeled and cut lengthways)
2 tbsp melted butter
1 tbsp honey
1 tbsp fresh parsley (minced)
1 tbsp fresh rosemary (minced)
1 tsp salt

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'HIGH' and the time to 10 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, combine the honey, salt and melted butter in a small bowl. • Coat the parsnips with the honey mixture, then rub evenly with the fresh herbs. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the coated parsnips onto the non-stick coated grill plate and then close the cooking compartment. • After 5 mins, open the cooking compartment and carefully flip the parsnips before cooking for a further 5 mins. Check that the parsnips are cooked through before serving. • Serve immediately with your choice of condiments.

BBQ Chicken Breast

Preparation time: approx. 5 mins
Preheat time: approx. 8 mins
Cooking time: 23–25 mins
Servings: 4

Ingredients

235 g BBQ sauce
4 frozen chicken breasts
2 tbsp canola oil
Salt and pepper, to taste

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'MED' and the time to 25 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, evenly coat each chicken breast with ½ tablespoon of canola oil, then season with salt and pepper, to taste. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the chicken breasts onto the non-stick coated grill plate and then close the cooking compartment. • After 10 mins, open the cooking compartment and carefully flip the chicken breasts before cooking for a further 5 mins. Then, open the cooking compartment and coat the chicken breasts with the BBQ sauce. Cook for 5 mins then flip the chicken breasts again to coat the other side. Cook for 2–5 mins. Check that the chicken breasts are cooked through before serving. • Serve immediately with your choice of sides.

Griddled Pizza

Preparation time: approx. 10 mins
Preheat time: approx. 8 mins
Cooking time: 6 mins
Makes 1 pizza

Ingredients

125 g ricotta cheese
115 g grated mozzarella
1 pack ready-made pizza dough
120 ml pizza sauce
4 tbsp plain flour
1 tbsp canola oil

Topping Ideas

Sliced bell pepper
Pepperoni
Shredded cooked chicken
Sliced mushrooms
Sliced red onion
Olives
Fresh basil

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Select 'PIZZA' on the LED display; set the time to 6 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, sprinkle some flour onto a suitable, flat surface and, using a rolling pin, roll out a portion of the pizza dough to form a 7-inch pizza base. • Brush the topside of the base with ½ tablespoon of canola oil, then flip to brush the underside of the base with the remaining oil. Poke the dough with a fork 5–6 times to prevent air pockets forming during cooking. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the pizza base onto the non-stick coated grill plate and then close the cooking compartment. • After 4 mins, open the cooking compartment and carefully flip the pizza base. • Coat the pizza base with pizza sauce, then sprinkle on the mozzarella, ricotta cheese and your choice of toppings before cooking for a further 2 mins. Check that the dough is cooked and the cheese has melted before serving. • Serve immediately with your choice of sides.

Black Pepper Ribeye Steak with Asparagus Spears

Preparation time: approx. 10 mins
Preheat time: approx. 8 mins
Cooking time: 8–12 mins
Servings: 2

Ingredients

2 raw ribeye steaks
1 bunch asparagus (trimmed)
2 tbsp canola oil
Salt and black pepper, to taste

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Press the grill function button and use the temperature control buttons to select the 'HIGH' grill setting and set the time to 12 minutes. • While the main unit is preheating, brush each steak on all sides with ½ tablespoon of canola oil, then season with salt and black pepper, to taste. • Toss the asparagus spears in the remaining canola oil then season with salt and black pepper, to taste. • When the main unit has finished preheating, the 'ADD FOOD' indicator light will illuminate. Place the steaks onto the non-stick coated grill plate and then close the cooking compartment. • After 4 mins, open the cooking compartment and carefully flip the steaks before cooking for a further 4 mins. Check that the steaks are cooked as desired before removing from the non-stick coated grill plate and setting aside to rest. Meanwhile, place the asparagus spears onto the non-stick coated grill plate and then close the cooking compartment. • Cook the asparagus spears for 4 mins. Check that they are cooked through before serving. • Serve immediately with the rested steaks and your choice of sauce.

Lemon and Thyme Pork Chops

Preparation time: approx. 5 mins

Marinade time: 20 mins

Preheat time: approx. 3 mins

Cooking time: 8 mins

Servings: 2

Ingredients

2 large pork chops

6 cloves garlic (peeled and minced)

½ lemon (juiced and zested)

1 tbsp fresh thyme leaves (minced)

1 tbsp olive oil

½ tsp butter

½ tsp salt

¼ tsp black pepper

Method

Combine the garlic, thyme, olive oil, black pepper, salt, lemon juice and lemon zest in a large bowl.

- Generously coat the pork chops with the marinade and set aside for 20 mins.
- Fit the cooking pot into the cooking compartment so that it is seated securely.
- Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side.
- Plug in and switch on the main unit at the mains power supply.
- Press the grill function button and use the temperature control buttons to select the 'MED' grill setting and set the time to 8 minutes.
- When the main unit has finished preheating, the 'ADD FOOD' indicator light will illuminate. Place the pork chops onto the non-stick coated grill plate and then close the cooking compartment.
- After 4 mins, open the cooking compartment and carefully flip the pork chops before cooking for a further 2 mins. Then, open the cooking compartment and coat the pork chops in any remaining marinade. Cook for 2 mins. Check that the pork chops are cooked through before serving.
- Serve immediately with your choice of sides.





Grilled Chicken and Peach Salad with Honey Dijon Dressing

Preparation time: approx. 15 mins

Preheat time: approx. 8 mins

Cooking time: 27 mins

Servings: 4

Ingredients

75 g roasted almonds

50 g fresh rocket

4 chicken breasts

3 peaches (stone removed and sliced into wedges)

½ red onion (peeled and finely chopped)

Small handful fresh basil (minced)

Small handful fresh mint (minced)

Salt and pepper, to taste

For the dressing:

60 ml olive oil

2 tsp balsamic vinegar

1 tsp lemon juice

1 tsp Dijon mustard

½ tsp honey

Pinch of salt

Method

Fit the cooking pot into the cooking compartment so that it is seated securely. • Place the non-stick coated grill plate into the cooking pot with the handles facing upwards and to the side. • Plug in and switch on the main unit at the mains power supply. • Press the grill function button and use the temperature control buttons to select the 'MED' grill setting and set the time to 25 minutes. • When the main unit has finished preheating, the 'ADD FOOD' indicator light will illuminate. Place the chicken breasts onto the non-stick coated grill plate and then close the cooking compartment. • After 5 mins, open the cooking compartment and carefully flip the chicken breasts before resuming cooking; repeat this process four times at 5 min intervals. Check that the chicken breasts are cooked through and add the peach slices to the non-stick coated grill plate. Cook for the remaining 2 mins. • Assemble the salad and serve immediately drizzled in honey Dijon dressing.

Rice and Vegetable Stuffed Peppers

Preparation time: approx. 15 mins
Preheat time: approx. 3 mins
Cooking time: 32 mins
Servings: 6

Ingredients

200 g grated cheese
115 g pickled jalapenos (drained)
6 red or green bell peppers
4 cloves garlic (peeled and minced)
2 packets instant rice
1 small white onion (peeled and finely chopped)
285 ml enchilada sauce
120 ml vegetable stock
Fajita spice mix, to taste

Method

Using a microwave, cook the instant rice following the manufacturer's instructions. • Chop ½ inch from the top of the bell peppers so that the peppers can be easily stuffed. Do not discard the ½ inch of pepper that was removed; finely chop and add to a large mixing bowl along with the jalapenos, garlic, cooked instant rice, onion, enchilada sauce, vegetable stock, half of the cheese, and the fajita spice mix, to taste. • Fit the cooking pot into the cooking compartment so that it is seated securely. • Plug in and switch on the main unit at the mains power supply. • Select 'GRILL' on the LED display; set the temperature to 'MEDIUM' and the time to 32 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, spoon the rice mixture into the peppers, pushing the mixture down carefully until stuffed. • When the main unit has finished preheating and the LED display shows 'ADD FOOD', place the stuffed peppers into the cooking pot and then close the cooking compartment. • After 30 mins, open the cooking compartment and evenly sprinkle the remaining cheese over the stuffed peppers. Cook for the remaining 2 mins. Check that the stuffed peppers are cooked through before serving. • Serve immediately with your choice of sides.

Chocolate Brownies

Preparation time: approx. 10 mins
Preheat time: approx. 8 mins
Cooking time: 35 mins
Servings: 12
Requires 20 cm disposable foil tray

Ingredients

265 g caster sugar
225 g dark chocolate (roughly chopped)
200 g unsalted butter
175 g plain flour
3 eggs
¼ tsp salt
Cooking spray

Method

Set a glass or metal bowl over a saucepan of boiling water. Add the chocolate and butter and allow to melt over a low heat. Once melted, remove from the heat and set aside. • Spray the disposable foil tray with cooking spray. • Fit the cooking pot into the cooking compartment so that it is seated securely. • Plug in and switch on the main unit at the mains power supply. • Select 'BAKE' on the LED display; set the temperature to '150 °C' and the time to 32 mins. Press the start/stop button to begin preheating. • While the main unit is preheating, add the eggs, sugar, flour and salt into the melted chocolate mixture and whisk for 3-5 mins to form a smooth batter. Pour the batter into the disposable foil tray. • When the main unit has finished preheating, the 'ADD FOOD' indicator light will illuminate. Place the foil tray into the cooking pot and then close the cooking compartment. • After 30 mins, open the cooking compartment and sprinkle the chocolate chips over the chocolate brownie. Cook for the remaining 10 mins. Check that the chocolate brownie is cooked as desired before serving. • Serve immediately with a scoop of your favourite ice cream or some fresh fruit.

Vanilla Cupcakes

Preparation time: approx. 10 mins

Preheat time: approx. 8 mins

Cooking time: 12 mins

Servings: 12

Requires 12 silicone cupcake cases

Ingredients

225 g butter

210 g plain flour

200 g caster sugar

4 eggs

115 ml milk

½ tbsp vanilla extract

Method

Fit the cooking pot into the cooking compartment so that it is seated securely.

• Plug in and switch on the main unit at the mains power supply. • Select 'BAKE' on the LED display; set the temperature to '165 °C' and the time to 12 mins. Press the start/stop button to begin preheating.

• While the main unit is preheating, cream the butter and sugar together until light and fluffy. • Add the eggs to the mixture one at a time until incorporated, then stir in the vanilla extract and milk. Fold in the flour and lightly whisk until combined, taking care not to over mix.

• Evenly distribute the mixture into the cupcake cases. • When the main unit has finished preheating, the 'ADD FOOD' indicator light will illuminate.

Place the cupcake cases into the cooking pot and then close the cooking compartment. • In batches, bake the cupcakes for 12 mins. Check that they are cooked as desired before leaving to cool on a wire rack.

• Serve with your choice of icing.





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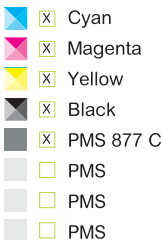




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Artwork Version **1**

Artwork Scale 1:1

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