

DF480002 MUK Rev2

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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 11.
- This appliance is not intended to be operated by means of an external timer or separate remote control system.

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.
- **WARNING: Misuse can cause personal injury.**
- 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 13 amp plug require changing, a 13 amp BS1362 fuse must be 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.

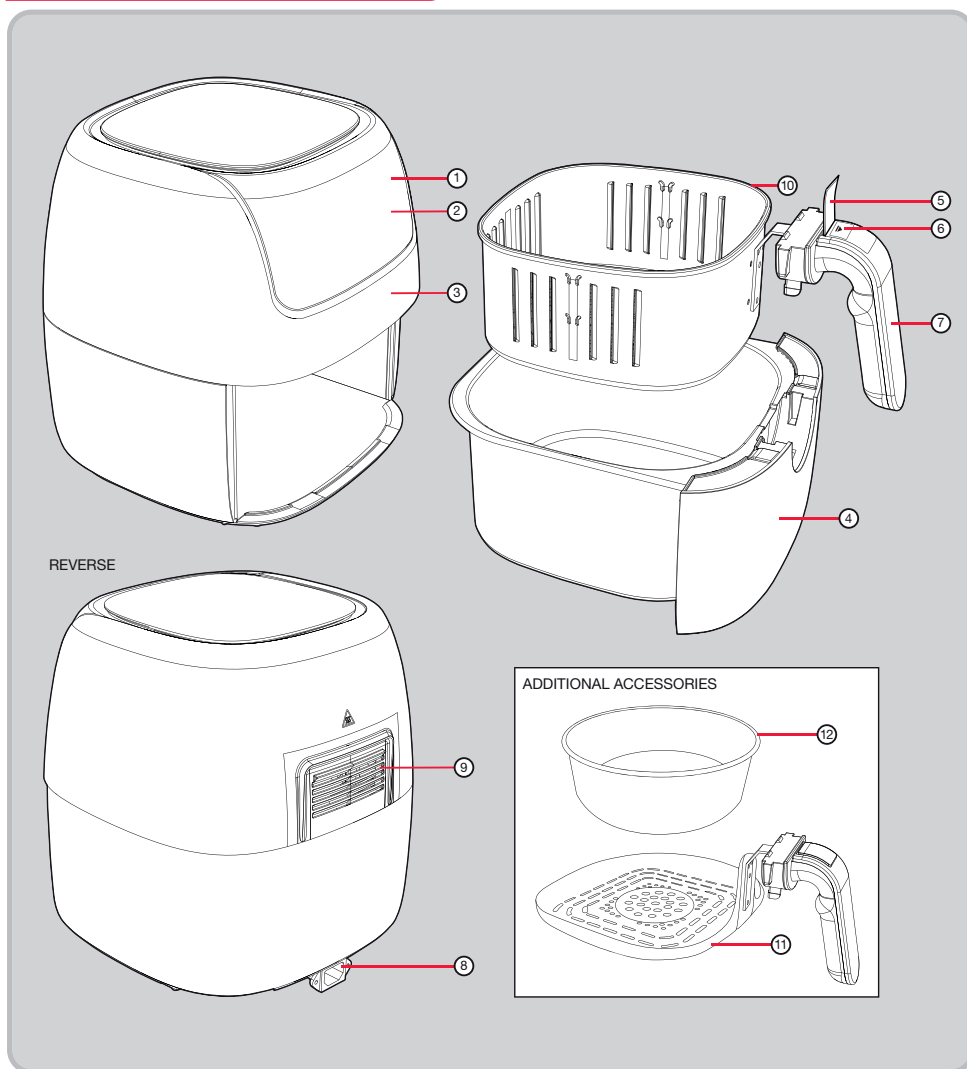
Please read the instructions thoroughly before use.

Remember to visit www.morphyrichards.co.uk to register your product's two year guarantee.

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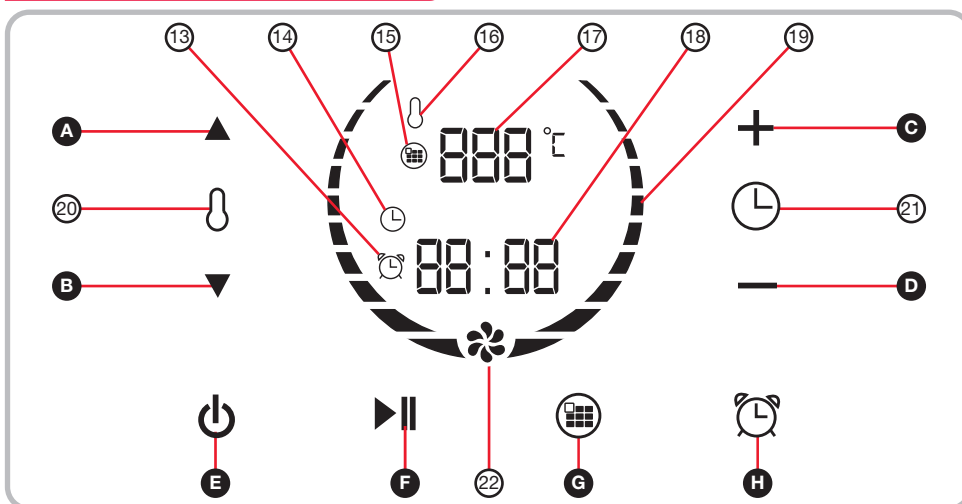
Product Overview



Features

- | | |
|---------------------------------|----------------------------------------|
| (1) LED Display | (7) Frying Basket or Frying Pan Handle |
| (2) Touch Control Panel | (8) Mains Power Cord Socket |
| (3) Main Body | (9) Air outlet and filter |
| (4) Drawer | (10) Frying Basket |
| (5) Basket Release Button Cover | (11) Frying Pan |
| (6) Basket Release Button | (12) Cake Tin |

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 |

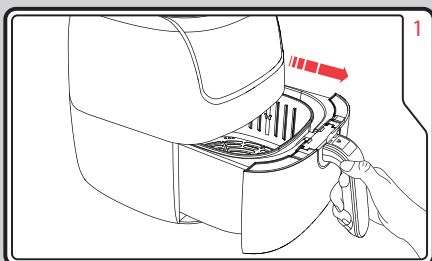
Touch Control Panel Icons

- (13) Delay Timer Icon. When displayed, you can adjust the timer using (C) & (D).
- (14) Cooking Time Icon. When displayed, you can adjust the cooking time using (C) & (D).
- (15) Program Icon. When displayed, you may select your desired program.
- (16) Temperature adjust Icon. When displayed, you can adjust the temperature using (A) & (B).
- (17) Temperature Read-out. Displays the current selected temperature and the actual temperature (when 19 is flashing).
- (18) Time Read-out. Displays the current selected time.
- (19) Heating Icon. When displayed, the Health Fryer is in operation. When flashing, the temperature is increasing to the set temperature.
- (20) Temperature Icon. Highlights the temperature-adjust area of the panel.
- (21) Time Icon. Highlights the time-adjust area of the panel.
- (22) Fan Icon. When displayed, the fan motor is in operation.

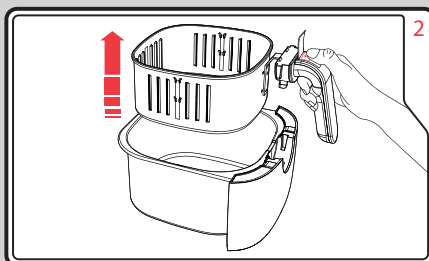
Before First Use

- 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 (4), 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.

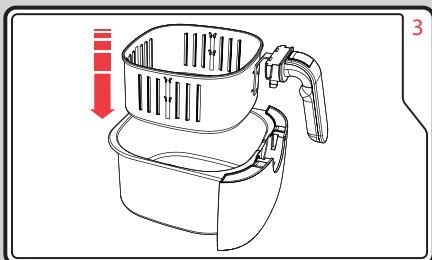
Using Your Health Fryer Manually



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

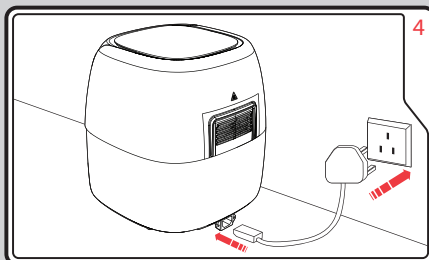


Remove the Frying Basket (10) from the Main Drawer (4) by lifting the Basket Release Button Cover (5) and pressing the Basket Release Button (6). Use the Frying Basket Handle (7) or Frying Pan Handle (7) to pull the basket fully out from the Drawer.



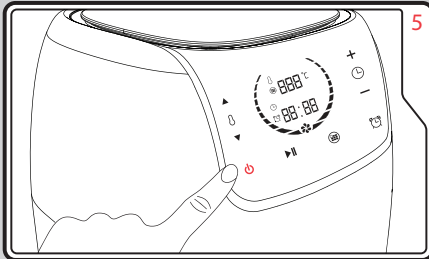
Place the Frying Basket (10) or Frying Pan (11) into the Drawer and re-insert the Drawer into the Main Body (3) until it clicks into place. Ensure the Drawer (4) is fully closed. A safety switch will prevent it working if not closed properly.

If using the cake tin, place inside the Frying Basket.

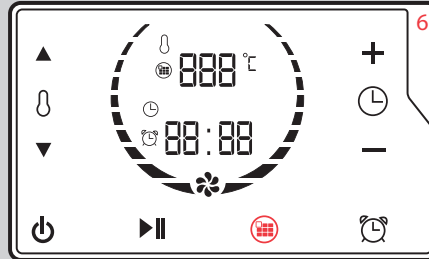


Ensuring the lead is inserted into the back of the Main Body (3), plug the Health Fryer into the mains.

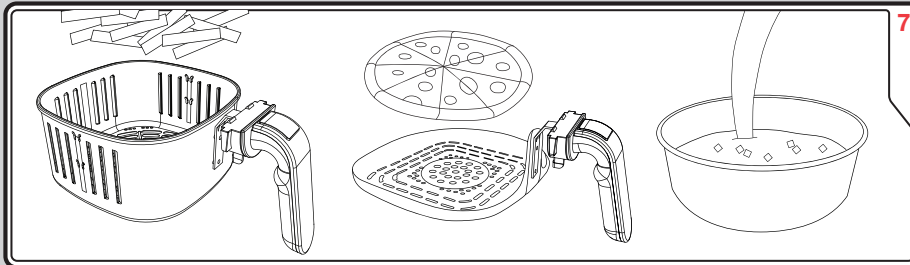
Using Your Health Fryer Manually (Continued)



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

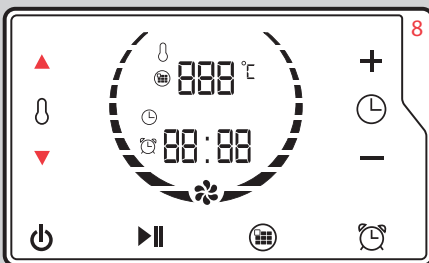


Press the Program Button (G) and select program 1 within the pre-programmed settings. This will activate the pre-heat function. When the pre-heat is complete, it will automatically switch off the Health Fryer.



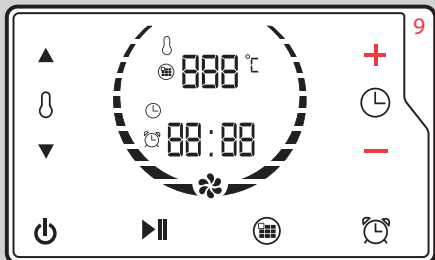
Remove the Drawer (4) from the Health Fryer (see Step 1).

Place the food into the Frying Basket (10), Frying Pan (11) or Cake Tin (12) and repeat Step 3. Do not put oil or food into the Drawer (4).

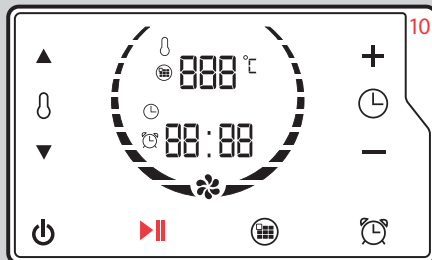


Repeat step 5 to switch back on. Using the Temperature Adjust Buttons (A & B), select the correct temperature for the food to be cooked. The temperature will be set at 180°C, and the time at 10 minutes as an automatic default.

Using Your Health Fryer Manually (Continued)



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.

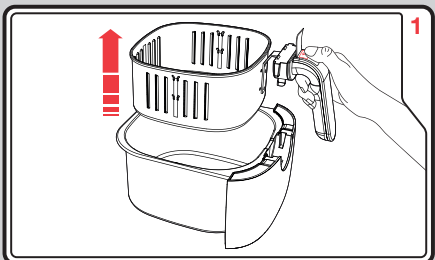
When the time is up on the timer, the Health Fryer will beep and automatically turn off.

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

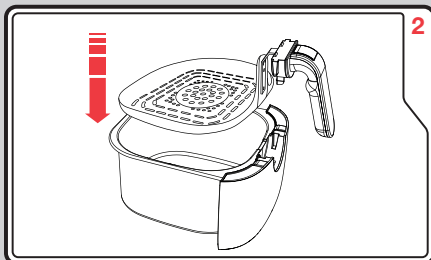
Tip: Check your food at two minute intervals to ensure food is not overcooked.

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

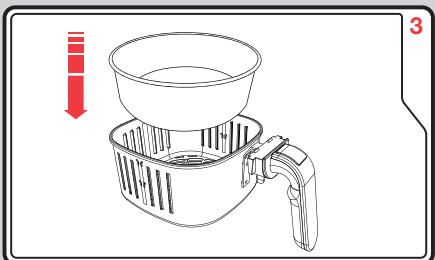
Using Your Health Fryer Accessories



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

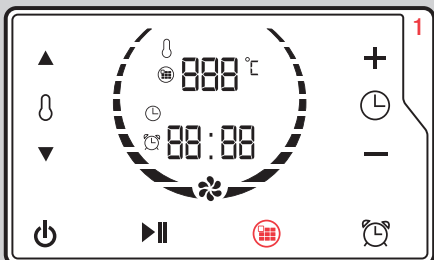


Place the Frying Pan (11) into the Drawer (4) and re-insert the Drawer (4) into the Main Body (3) until it clicks into place. Ensure the Drawer (4) is fully closed. A safety switch will prevent it working if not closed properly.



To use the Cake Tin (12). Place the Cake Tin (12) into the Frying Basket (10) before re-inserting the Drawer (4) into the Main Body (3).

Using Your Health Fryer's Pre-set Programs



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

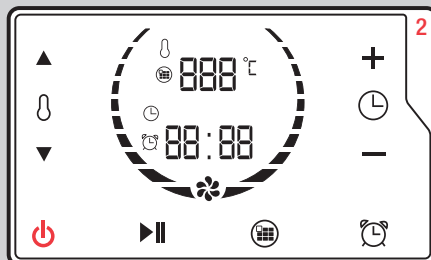
Press the Program Button (G) until you reach the desired program.

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.



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

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 12 for examples of suitable foods to be defrosted).
- The Preset 8 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, Frying Pan or Cake Tin.

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 (4) 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.

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), Frying Basket (10), Frying Pan (11) or Cake Tin (12) and wash them by hand in hot soapy water, using a non-abrasive sponge.
- If any stubborn dirt is stuck to the Drawer (4), Frying Basket (10), Frying Pan (11), half fill the Drawer with hot soapy water. Place the Frying Basket (10), Frying Pan (11) in the Drawer and let them soak for approximately 10 minutes. **Do not place inside the main unit.**
- The Drawer (4), Frying Basket (10), Frying Pan (11) and Cake Tin (12) 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), Frying Pan (11) or Cake Tin (12). When replacing the Drawer (4), 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
• 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
• Frozen chips	• 200g	• 200°C	• 12 mins +3 mins preheat	Shake & turn over	3
• Frozen chips	• 500g	• 200°C	• 20 mins +3 mins preheat	Shake & turn over	4
• Fresh chicken drumsticks (x3-4)	• 100g-500g	• 180°C	• 22 mins +3 mins preheat	Turn over	6
• Frozen fish fingers (x6-8)	• 175g	• 200°C	• 14 mins +3 mins preheat	Turn over	
• Frozen beef burgers (x2)	• 2x ½lb	• 180°C	• 20 mins +3 mins preheat	Turn over	5
• Frozen chicken breast (to defrost ready for cooking separately)	• 128g	• 60°C (defrost)	• 15 mins		8
• Frozen pain au chocolat (x2)	• 2pc (defrost)	• 180°C	• 5 mins		8
• Frozen Sicilian lemon tart	• 175mm diameter	• 60°C (defrost)	• 10 mins		8
• Fairy cakes (x5-6) (from recipe)	• x5-6 at 28g each	• 170°C	• 15 mins +3 mins preheat		7
• Chocolate brownie (from recipe)	• 150mm diameter	• 170°C	• 40-45 mins +3 mins preheat		

Troubleshooting

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

Troubleshooting (Continued)

Problem	Reason	Solution
• Chips are not cooking evenly in the Health Fryer.	• Chips were not rinsed adequately before cooking.	• Rinse chips thoroughly (to remove starch) and allow them to dry before cooking.
• Chips are not crispy.	• There may be a lack of oil or too much water. • Chip size may be too large. • You may be using the wrong type of potato.	• Ensure chips are dried after rinsing with water. Possibly add a little more oil to the chips before cooking. • Try cutting the potato into smaller pieces for a crispier result. • When making home-made chips/fries, the best type of potato to use are the floury varieties (King Edward or Maris Piper).

Recipes



We have developed a range of delicious recipes for you to try with your new Health Fryer. From sides, mains and desserts, there is something for every occasion.

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.

Frying Basket - 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.

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 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.

Frying Basket - Desserts/Puddings

Blueberry Muffins

Serves: 4

Cooking time: 20 minutes

Preparation time: 10 minutes

Ingredients:

- 120g plain flour
- 1¼ 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.

Cake Tin - Main Courses

No-crust Butternut Squash and Red Onion Quiche

Serves: 4

Cooking time: 50 minutes

Preparation time: 10 minutes

Ingredients:

- 200g (peeled and de-seeded weight) butternut squash
- 100g red onion
- 2 small garlic cloves, crushed
- 50g baby spinach leaves
- 2 tbsp olive oil
- 100g Feta cheese
- 4 medium eggs
- 3 tbsp milk
- 100g Feta cheese
- Salt and pepper

Method:

- 1 Cut a square from non-stick baking paper of size 30cm x 30cm and carefully line the cake tin supplied forming it into the shape of the tin with your hands. Do not cut the paper as the one piece is important so that the quiche does not leak. Trim slightly if required and then tuck the edges of the paper over the rim so that they are under the handle rather than protruding above the tin.
- 2 Cut the butternut squash into 1cm cubes and then thinly slice the onion, separating the slices. Place into a mixing bowl with the crushed garlic.
- 3 Add 1½ tbsp olive oil and mix well until the vegetables are coated.
- 4 Preheat the Health Fryer.
- 5 Place the vegetable mixture into the frying basket and cook at 200°C for about 15 minutes and then turn the vegetables with a wooden spoon and cook for another 4-5 minutes until softened.
- 6 Place the vegetables into the bottom of the prepared tin.
- 7 Place the spinach into the frying basket and pour over ½ tbsp oil. Use the wooden spoon to coat the spinach and then cook at 200°C for a couple of minutes until the spinach is just beginning to wilt.
- 8 Spread the spinach in a layer over the vegetables in the tin.
- 9 Crumble the Feta cheese over the spinach.
- 10 Lightly beat the eggs and milk together with a fork and season with salt and pepper. Pour this over the Feta cheese.
- 11 Place the tin into the frying basket and bake at 200°C for 20 – 25 minutes until the quiche is browned and set.
- 12 Leave the quiche in the tin for 5 minutes and then holding the paper remove it from the tin. Place the quiche in its paper case onto a plate and cut into quarters. If necessary carefully ease the paper away from the quiche with the aid of a silicone spatula or round bladed knife.
- 13 Serve warm or cold with a mixed salad and new potatoes if desired.

Cake Tin - Desserts

Chocolate Brownie

Makes: approximately 20 pieces

Cooking time: 45 minutes

Preparation time: 10 minutes

Ingredients:

- 100g dark chocolate
- 100g unsalted butter
- 1 medium egg
- 75g light soft brown sugar
- ¼ tsp vanilla extract
- 75g self-raising flour
- 45g walnuts, chopped
- 1 tbsp milk

Method:

- 1 Lightly grease and then line the base and sides of the cake tin with baking paper.
- 2 Break the chocolate into pieces and place in a heatproof bowl with the butter. Place over a pan of hot water and stir occasionally until melted.
- 3 Place the egg, brown sugar and vanilla extract into a mixing bowl and beat until smooth and creamy (approximately two minutes with a hand mixer, a little longer with a wooden spoon).
- 4 Add the melted chocolate mixture, flour, walnuts and milk and mix thoroughly with a wooden spoon.
- 5 Preheat the Health Fryer.
- 6 Pour the mixture into the prepared cake tin, place the tin into the frying basket and bake at 170°C for 40-45 minutes.
- 7 Leave to cool in the tin for 30 minutes before turning out onto a wire rack to cool completely.
- 8 Cut into squares and store in a cake tin.

Lemon drizzle cake

Serves: 4- 6

Cooking time: 1 hour

Preparation time: 10 minutes

Ingredients:

- 110g soft unsalted butter
- 170g self-raising flour
- 170g caster sugar
- 4 tbsp milk
- Grated zest of a large lemon
- 2 medium eggs

For the syrup:

- Juice of a lemon
- 3 level tbsp icing sugar

Method:

- 1 Grease and line the base and sides of the cake tin with non-stick baking paper.
- 2 Place all the ingredients into a mixing bowl (except the lemon juice and icing sugar)
- 3 Mix well either with a hand mixer or a wooden spoon until smooth.
- 4 Using a spatula, place the mixture into the tin and level the surface. Make a slight hollow with the back of a spoon in the centre.
- 5 Preheat the Health Fryer.
- 6 Cook at 160°C for 60 minutes.
- 7 Leave the cake in the tin and whilst still warm, lightly prick the surface with a cocktail stick or fine skewer.
- 8 Spoon over the lemon syrup and allow to cool fully in the tin.
- 9 Run a silicone spatula around the edge of the cake to loosen it and then serve dusted with a little sieved icing sugar.

Shallow Frying Pan - Starters

Garlic Bread

Serves: 1-3

Cooking time: 8 minutes

Preparation time: 5 minutes

Ingredients:

- 3 slices of white bloomer loaf, cut 20mm thick
- 30g butter, softened
- 2 small garlic cloves, crushed
- 1 tsp chopped parsley

Method:

- 1 Mix the butter, garlic and parsley together in a small bowl until soft.
- 2 Spread the garlic butter on one side of the bread.
- 3 Preheat the Health Fryer.
- 4 Place the bread slices on the shallow Frying Pan and cook at 160°C for 6-8 minutes.

Falafel

Serves: 3-6

Cooking time: 15 minutes

Preparation time: 15 minutes

Ingredients:

- 400g can chickpeas, drained and rinsed under cold running water
- 100g red onion, finely chopped
- 1 garlic clove, crushed
- 15g fresh parsley, leaves only, finely chopped
- 2 level tsp ground cumin
- 2 level tsp ground coriander
- 2 level tsp harissa paste
- 1½ level tbsp. plain flour
- A little salt
- 1 - 2 tbsp. sunflower oil

Method:

- 1 Pat the chickpeas dry with some kitchen paper and place into a large mixing bowl.
- 2 Mash the chickpeas with a fork or use a hand blender if available and then add the onion, garlic, parsley, spices, flour and salt. Mix well to combine.
- 3 Form the mixture together with your hands.
- 4 Divide the mixture into 6 evenly sized balls and then press lightly to shape into six patties.
- 5 Preheat the Health Fryer with the shallow Frying Pan in position.
- 6 Brush each falafel on both sides with a little sunflower oil, place each on the Frying Pan and cook at 180°C for 15 minutes, turning them over after 10 minutes.

Hints and tips:

Use 1-2 tsp chilli powder in place of the harissa if desired.

To serve:

- Toasted Pitta, tomato salsa, green salad

Shallow Frying Pan - Main Courses

Home-made burger

Serves: 2-4

Cooking time: 15-20 minutes

Preparation time: 10 minutes

Ingredients:

- 400g lean beef steak mince
- 100g red onion, finely chopped
- 10g flat leaf parsley, finely chopped
- 1 level tsp ground cumin
- 2 tsp Worcester sauce
- Salt and pepper
- Olive oil

Method:

- 1 Place all the ingredients into the bowl (with the exception of the olive oil) and mix well.
- 2 Divide the mixture into four burgers and flatten slightly. Brush with a little olive oil.
- 3 Preheat the Health Fryer.
- 4 Cook at 180°C for 15- 20 minutes, turning over half way through cooking.
- 5 Serve in a bread bun with your favourite sides and sauce or relish.

Smoked Haddock Fish cakes

Serves 2

Preparation time: 20 minutes

Cooking time: 15 – 20 minutes

Ingredients:

- 250g Maris piper potatoes (peeled weight)
- 140g smoked haddock (or cod)
- 125ml milk
- 10g fresh parsley, finely chopped
- ½ tsp lemon juice
- Salt and pepper
- Cayenne pepper to taste (optional)
- A little plain flour
- ½ -1 tbsps sunflower oil

Method:

- 1 Cut the potatoes into small dice and cover with water in a pan. Drain away the water then re-fill.
- 2 Bring the pan up to the boil with the lid on and boil the potatoes for 10 minutes or until tender. Drain into a colander and leave to cool.
- 3 Meanwhile place the fish into a pan and just cover with milk. Place a lid on the pan and cook gently for around 8-10 minutes until the fish flakes and is opaque. Remove the fish from the milk and allow to cool before removing any bones and skin.
- 4 Place the potatoes into a bowl and lightly mash with a fork. Add the fish, parsley, lemon juice and season well. Add a little cayenne pepper if desired.
- 5 Mix together until the ingredients are combined.
- 6 With floured hands form the mixture into 4 fish cakes.
- 7 Preheat the Health Fryer.
- 8 Lightly brush the fish cakes on both sides with a little oil and cook at 180°C for 15-20 minutes until piping hot, turning halfway through cooking.

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.

Fish fillet with a herb crust

Serves: 2

Preparation time: 5 minutes

Cooking time: 10-15 minutes

Ingredients:

- 2 white fish fillets, each weighing approximately 250g
- 50g dried breadcrumbs
- 2 tsp fresh rosemary, finely chopped
- Zest of 1 lemon, finely grated
- 2 pinches of salt
- A little black pepper
- 1½ tbsp olive oil

Method:

- 1 In a bowl, mix the breadcrumbs, chopped rosemary, lemon zest and seasoning.
- 2 Lightly coat the fish fillets on both sides with a little of the oil and then press the crumbs onto the upper surface only.
- 3 Preheat the Health Fryer and then place the fish fillets onto the shallow Frying Pan with crumb coating uppermost. Drizzle with a little oil and cook at 180°C for 10-15 minutes or until cooked through and golden brown.
- 4 Remove with a fish slice and serve immediately with lemon wedges, new potatoes and a selection of green vegetables.

Shallow Frying Pan - Cakes and Biscuits

Nut shortbread

Serves: 8

Preparation time: 10 minutes

Cooking time: 30-35 minutes

Ingredients:

- 90g salted peanuts
- 120g unsalted butter, softened
- 70g caster sugar
- ½ tsp vanilla extract
- 150g plain flour
- ½ - 1 level tbsp caster sugar

Method:

- 1 Place the salted peanuts into a freezer bag and using a rolling pin, crush the nuts until they are a mixture of coarse and finely chopped. Set aside.
- 2 Cut a piece of non – stick baking paper to fit inside the shallow Frying Pan.
- 3 Mix the butter and the 70g sugar in a bowl with a spoon until combined. Stir in the vanilla extract, then add the flour and form into a dough with your hands.
- 4 Form the shortbread into a round with your hands to fit the piece of baking paper.
- 5 Sprinkle the chopped nuts onto the shortbread base and press down gently.
- 6 Sprinkle the nuts with ½ - 1 tbsp. sugar.
- 7 Preheat the Health Fryer with the shallow Frying Pan in place.
- 8 When ready carefully lift the shortbread and paper onto the Frying Pan and bake for 30-35 minutes at 170°C until golden.
- 9 Whilst still warm, mark into wedges on the Frying Pan with a knife and leave to cool fully.
- 10 When cold, carefully remove the shortbread and paper from the Frying Pan using a fish slice and cut into wedges. Store in a tin until required.

Fairy Cakes

Serves: 6

Cooking time: 15 minutes

Ingredients:

- 50g self-raising flour, sieved
- ½ a level tsp baking powder, sieved
- 50g caster sugar
- 50g soft margarine
- 1 medium egg, beaten

Method:

- 1 Place all the ingredients into a mixing bowl. Mix together with a wooden spoon or hand mixer until smooth.
- 2 Preheat the Health Fryer with the shallow Frying Pan in place.
- 3 Divide the mixture equally between 6 paper bun cases.
- 4 Place the bun cases onto the shallow Frying Pan and then bake for 15 minutes at 170°C or until risen and golden brown.
- 5 Allow to cool completely on a wire rack before decorating with a little glaze icing or butter cream.

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:

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Notes

Lined area for notes, consisting of two columns of horizontal lines.

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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

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
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