

*Healthy Choice*<sup>®</sup>  
SM303

# SANDWICH PRESS WITH 3 INTERCHANGEABLE PLATES

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DUAL SANDWICH PLATE • DUAL WAFFLE PLATE • GRILLING PLATE



**MODEL: SM303**

**BATCH: PR4528**

**THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.**

**PLEASE READ AND RETAIN THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

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

**Important safeguards:**

Please read the instruction manual before using this appliance and follow all the safety instructions to avoid damage and/or injury due to improper use.

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

1. Read all instructions before using.
2. Do not touch hot surfaces. Use only by the handles once heated.
3. Do not touch the plate surfaces while in use or before cooling down, even when the power point is switched to the "OFF" position.
4. To protect against risk of electric shock, do not immerse cord, plug or unit in water or any other liquid.
5. Close supervision is necessary when any appliance is used by or near children. Never leave the appliance unattended.
6. The appliances is not to be used by people (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
6. Unplug from outlet when not in use and allow to fully cool before cleaning.
7. Do not operate this appliance with a damaged cord or plug, or after damage in any manner.
8. The use of accessory attachments not prepackaged with this appliance may cause fire, electrical shock or personal injury. Use only the 3 interchangeable plates within the package.
9. Do not let the power cord hang over the edge of the table or countertop. Do not let the power cord touch hot surfaces, including the stove.
10. Do not place the appliance on or near a hot gas or electric burner, or in a heated oven.
11. Always use the appliance on a dry, smooth and fireproof flat surface.
12. To use, plug into a 240 volt, AC outlet. To disconnect, grasp the plug and remove carefully from the power outlet. Do not pull directly on the cord.
13. Do not use the appliance for anything other than its intended purpose.
14. Do not use outdoors or for commercial purposes.

15. When using the appliance, be sure to allow at least 10 centimetres of space on all sides of the unit to allow for adequate air circulation. Never place anything on top of the appliance.

16. This appliance is only intended for domestic use. It is not to be used for commercial use.

17. This appliances is intended to be used in household and similar applications such as:

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

18. Never use any metal objects such as knives to remove food from the appliance, as sharp objects could damage the non-stick coating.

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



**Caution! Hot surfaces!**

Warning: This electrical appliance contains a heating surface that can reach high temperatures. Use with caution and care. Once the appliance is powered on, only touch the handles and gripping surfaces and use heat protection gloves (not included.) Allow sufficient time for the interchangeable plates to cool down before touching, handling, or dismantling for cleaning.

**Before first use:**

1. Check that the appliance is not damaged in any way.
2. Wipe the non-stick cooking plates with a clean wet cloth, and wipe dry with a clean dry cloth. Never immerse the appliance housing body in water or any other liquid.
3. It is recommended to first heat up the appliance for about 5-10 minutes without any food inside. The appliance may give off some smoke or odour. This is normal and does not affect the safety of the appliance.

**Use:**

1. Place the appliance on a flat, level surface and flip open the locking latch.
2. This appliance has three interchangeable cooking plates. Choose your desired cooking plates.
  - a. Open the appliance.

b. Insert the top and bottom cooking plates in the appliance and push down the spring latches until they slide into place. Ensure the top and bottom plates match in pattern.

c. Close the appliance.

3. Plug the appliance into a dedicated power supply.

– The cooking surface will begin pre-heating and the red and green light will be illuminated at the same time.

– Once the cooking surface has reached the pre-set temperature (usually will take between 3 and 4.5 minutes) the green light will no longer be illuminated and food can be added.

4. Open the appliance and place the food on the lower plate.

5. Close the appliance and secure the locking latch. The green light will illuminate again.

6. After 5 – 8 minutes of cooking time, flip open the locking latch and open the appliance. Remove the food with a plastic spatula or wooden utensil.

7. When cooking is complete, disconnect the plug from the power supply and leave the appliance open to fully cool down.

Warning: Do not touch hot surfaces, always use the handles.

Warning: Do not use metal utensils as they will scratch and damage the non-stick coating on the interchangeable plates.

#### **Cooking tips:**

1. The cooking times will depend on the type, thickness and volume of foods. If the food needs more cooking time after opening and checking on the food inside the appliance, close the appliance, secure the locking latch and cook for a bit more time.

2. Do not cook frozen food and do not attempt to defrost frozen food. All food must be fully and completely defrosted before cooking inside this appliance.

#### **Cleaning:**

1. Disconnect the appliance from the mains power supply and allow it to cool completely before cleaning.

2. Wipe down the cooking plates with a soft damp cloth each time after use. If it is difficult to remove any residues, dab a little cooking oil onto the heated plates to soften the residue. Do not use any spray cleaners as they can damage the non-stick coating.

3. The cooking plates can be washed in warm soapy water with a soft sponge. Never use scourers or abrasive materials to clean the cooking plates as they will scratch and damage the non-stick coating.

Please note: the cooking plates are not dishwasher safe.

4. Wipe the appliance housing body with a clean, damp cloth. Never immerse the appliance housing body in water or any other liquid.

**Storage:**

1. Ensure the appliance is completely cooled and thoroughly cleaned before storing.
2. The appliance can be stored in a vertical or horizontal position. Ensure there are a set of interchangeable plates inside the appliance, close the appliance and secure the locking latch before storing.

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