

**SALTER®**  
SINCE 1760

# LOW FAT HEALTH GRILL

WITH A MARBLE EFFECT COATING THAT REQUIRES LITTLE OR NO OIL



FOR A  
HEALTHIER LIFESTYLE



THE HEALTHIER ALTERNATIVE FOR LOW FAT COOKING



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## Safety Instructions

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of reach of children.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.



Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface of the appliance may get hot during operation.



**Caution:** Hot Surface - Do not touch the hot section or heating components of the appliance.

Take care not to pour water on the heating element.

**Warning:** Keep the appliance away from flammable materials.

## Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging in the box and either store or dispose of carefully.

## In the Box

Low Fat Health Grill

Drip tray

Adjustable temperature control

Instruction manual

## Features

Marble effect non-stick coating

No need for oil

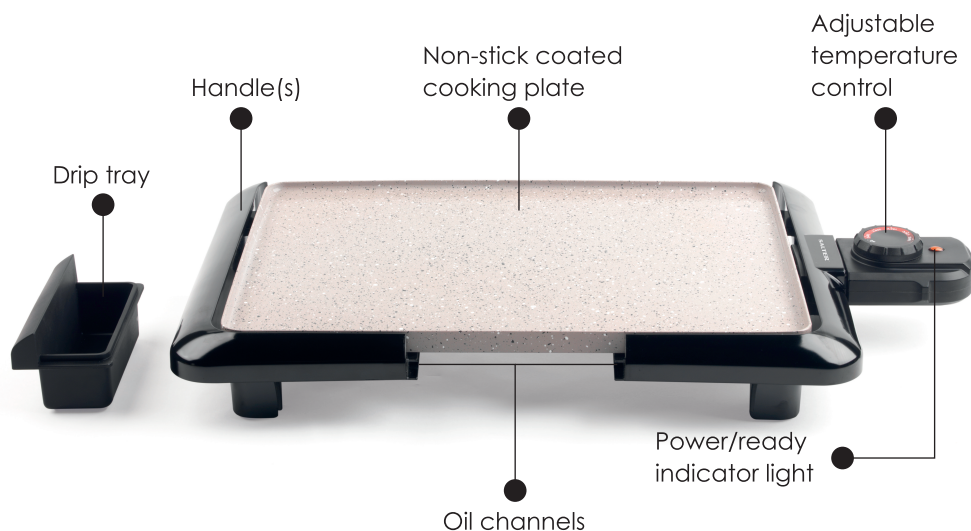
Easy to clean

Integrated oil channel

Drip tray

Adjustable temperature control

## Description of Parts



## Instructions for Use

### Before First Use

**STEP 1:** Ensure that the health grill is switched off and unplugged from the mains power supply.

**STEP 2:** Wipe the health grill with a soft, damp cloth and dry thoroughly.

**STEP 3:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly. Do not immerse the health grill in water or any other liquid. Never use harsh or abrasive cleaning detergents or scourers to clean the health grill or its accessories, as this could cause damage.

**Note:** When using the health grill for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the health grill.

### Using the Low Fat Health Grill

**STEP 1:** Fit the adjustable temperature control into the socket on the side of the health grill.

**STEP 2:** Position the drip tray underneath the end of the oil channels.

**STEP 3:** Prepare the ingredients that are to be cooked.

**STEP 4:** Plug in and switch on the health grill at the mains power supply.

**STEP 5:** Select the required temperature by turning the adjustable temperature control in a clockwise direction; the power/ready indicator light will illuminate, signalling that the health grill is heating up.

**STEP 6:** Preheat the health grill; this will take approximately 5–8 minutes for the higher temperatures. The power/ready indicator light will switch off once the required temperature has been reached.

**STEP 7:** Place the prepared ingredients onto the non-stick coated cooking plate.

**STEP 8:** Cook for approximately 3–8 minutes, depending upon the type of ingredients and the temperature used.

**STEP 9:** Once cooking is complete, remove the food with a heat-resistant plastic or wooden spatula.

**STEP 10:** To turn off the health grill, turn the adjustable temperature control in an anticlockwise direction to the 'off' position.

**STEP 11:** Switch off and unplug the health grill from the mains power supply.

Allow to cool.

**Note:** Always preheat the non-stick coated cooking plate before use. During use the power/ready indicator will cycle on and off to indicate that the health grill is maintaining the selected temperature.

To prolong the life of the non-stick coating, carefully apply a thin coat of cooking oil to the cooking plates, rubbing it in carefully with a paper towel.

**Caution:** The cooking plates get very hot during use; always use heat-resistant gloves to avoid injury. Take care when placing food onto the non-stick coated plate, as fatty, oily or wet ingredients may create splashback, which could cause injury.

**Warning:** Exercise caution during cooking; the health grill will emit steam.

## Care and Maintenance

**STEP 1:** Before attempting any cleaning or maintenance, ensure that the health grill is unplugged from the mains power supply and has fully cooled.

**STEP 2:** Wipe the health grill with a soft, damp cloth and dry thoroughly.

**STEP 3:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

**STEP 4:** Remove baked on food by applying a small amount of warm water mixed with a mild detergent to the non-stick coated cooking plates, then wipe them clean with a paper towel or non-abrasive scourer.

Do not immerse the health grill in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the health grill or its accessories, as this could damage the surface.

**Note:** The health grill should be cleaned after every use.

**Warning:** The drip tray will gather oil and fat, which may still be hot after use. Allow it to cool fully before carefully removing the drip tray for cleaning.

## Storage

Before storing, ensure that the health grill is cool, clean and dry.

Never store the health grill whilst it is wet.

Never wrap the cord tightly around the health grill; wrap it loosely to avoid causing damage.

Store in a cool, dry place.

## Specifications:

Product code: EK2331BMFOB

Input: 220–240 V~ 50/60 Hz

Output: 2000 W

## Crispy King Prawns

### Ingredients

12 King Prawns

#### Chilli Marinade:

2 fresh chillies

1 garlic clove

4 tbsp soy sauce

2 tbsp potato starch

2 tbsp butter

1 tbsp mirin

1 tbsp sake

1 tbsp caster sugar



### Method

Remove the heads and shells of the king prawns, then devein using a skewer, if they are not already prepared.

#### For the chilli marinade:

Combine all of the ingredients in a saucepan and mix well.

Heat the chilli marinade and then allow it to cool. Add the king prawns and marinate for approximately 30 minutes.

Remove the king prawns from the chilli marinade and pat dry with a paper towel.

Keep the chilli marinade warm in a saucepan.

Coat each king prawn with the potato starch in a dish.

Preheat the health grill to 200 °C.

Place the prawns onto the lightly oiled non-stick coated cooking plate and cook for approximately 1 minute per side, pressing down each king prawn with a heat-resistant spatula.

Dip the king prawns into the warm chilli mixture and cook on both sides once again.

Remove from the health grill and arrange on serving plates.

Sprinkle with sesame seeds, if desired.

## Grilled Salmon with Rosemary

### Ingredients

4 medium sized salmon fillets  
2 garlic cloves, minced  
2 tsp fresh rosemary leaves, chopped  
2 tsp fresh lemon juice  
2 tsp extra-virgin olive oil  
¼ tsp salt  
Pinch black pepper



### Method

Combine the olive oil, lemon juice, salt, pepper, garlic and rosemary in a bowl. Brush the mixture onto the salmon and leave to marinate for as long as possible. Preheat the health grill to 200 °C.

Place the marinated salmon onto the lightly oiled non-stick coated cooking plate and cook for approximately 6–7 minutes per side, only turning once.

Remove from the health grill and arrange on serving plates.

Season with fresh lemon juice.

**Note:** The salmon will continue to cook even after being removed from the health grill.

## Grilled Chicken with Mozzarella Cheese

### Ingredients

4 boneless chicken breasts

#### **Tikka Marinade:**

8 slices Mozzarella cheese

3 tbsp olive oil

2 tsp fresh rosemary, chopped

½ tsp garlic powder

¼ tsp salt

¼ tsp black pepper

4 tomatoes, sliced

Basil to garnish



### Method

Slit each of the chicken breasts horizontally to make a pocket and then fill with the sliced tomato and mozzarella cheese.

Brush the chicken breasts with olive oil and season with salt, pepper, rosemary and garlic powder.

Preheat the health grill to 200 °C.

Place the chicken breasts onto the lightly non-stick coated cooking plate and cook for approximately 9 minutes per side or until the juices run clear and the chicken is no longer pink.

Remove from the health grill and arrange on serving plates.

Garnish with basil.

## Chicken Tikka

### Ingredients

2 medium sized chicken breasts, diced  
150 ml Greek yoghurt  
2.5 cm piece of fresh ginger,  
peeled and chopped  
1 egg, beaten  
1 garlic clove, chopped  
2 tbsp gram flour  
1½ tbsp lemon juice  
1 ½ tbsp butter  
1 tsp garam masala  
1 tsp salt  
¼-½ tsp red chilli powder



### Method

Combine all of the tikka marinade ingredients into a large bowl and mix well. Pierce the chicken pieces all over with a fork, then add them to the mixture and leave to marinate in a refrigerator for approximately 2–3 hours. Bring the marinated chicken pieces back to room temperature before cooking. Preheat the health grill to 200 °C. Thread the marinated chicken pieces onto skewers, spacing them apart so that they do not touch. Place the chicken skewers onto the lightly oiled non-stick coated cooking plate and cook for approximately 6–8 minutes, turning halfway through cooking. Baste the chicken with the butter and cook for a further minute or until lightly charred at the edges and completely cooked through.



## Teriyaki Steak

### Ingredients

800 g sirloin steak, trimmed  
Vegetable oil for cooking

### Teriyaki Sauce:

2 chillies, diced  
4 tbsp soy sauce  
4 tbsp mirin (or sweet saki or rice wine)  
2 tbsp caster sugar  
2 tbsp water  
2 tsp cornstarch



### Method

Combine the soy sauce, water and caster sugar in a saucepan and cook until the sugar dissolves.

Add the mirin and simmer for approximately 10 minutes.

Preheat the health grill to 200 °C.

Place the steak onto the lightly oiled non-stick coated cooking plate and cook for approximately 2 minutes per side, to seal in the flavour.

Brush the teriyaki sauce over both sides of the steak and cook to preference.

Drizzle some of the teriyaki sauce over the chillies and cook until soft.

Remove the steak from the health grill and slice into bite-sized chunks.

Arrange on serving plates with the chillies and teriyaki sauce. Serve with salad.

**Note:** The teriyaki sauce can be used immediately or stored in a refrigerator for up to a month.

## Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:  
The wires in the mains lead are coloured in accordance with the following code:

**Blue Neutral (N)**

**Brown Live (L)**

**Green/Yellow Earth ( $\perp$ )**

**FOR UK USE ONLY** - Plug fitting details  
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked **N** or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter **E** or marked  $\perp$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

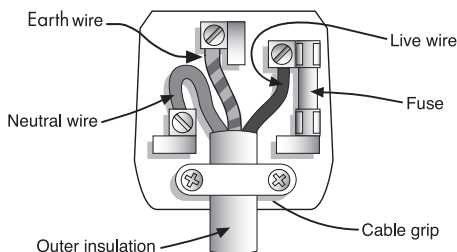
If in doubt consult a qualified electrician who will be pleased to do this for you.

### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use an ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug - **DISCONNECT IT FROM THE MAINS** and then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



**UP Global Sourcing,  
Victoria Street, Manchester, OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

**Telephone:** 0161 934 2240\*

\*Telephone lines are open Monday – Friday, 9am – 5pm (Closed Bank Holidays)

**Email:** [customercare@upgs.com](mailto:customercare@upgs.com)

**Fax:** 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

**Guarantee**

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

Nothing in this guarantee or in the instructions relating to this products excludes, restricts or otherwise affects your statutory rights.

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.

The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



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