

LAKELAND

ADJUSTABLE AIR FRYER

INSTRUCTION BOOKLET



Model: 27346

LAKELAND ADJUSTABLE AIR FRYER

Thank you for choosing the Lakeland Adjustable Air Fryer.

Please take a little time to read this booklet before getting started and keep it in a safe place for future reference.

Our Adjustable Air Fryer helps you cook your favourite food the healthier way, using little or no oil. Versatile, quick and convenient, the top grill circulates hot air to cook your food evenly from all directions. You can cook meat, fish, poultry, seafood and baked goods, at the touch of a button, to perfection.

The adjustable option of two independent crisper drawer sections or removing the divide to create a large crisper drawer, allows you to make a perfect meal. There's no messy oil to change and less of the odours associated with traditional deep fat fryers. It's simple to use with an LED touchscreen control panel, and a clear countdown timer helps you keep track of progress.

Here at Lakeland, our award-winning family-owned business still offers the same excellent quality, value for money and exceptional customer service as when we founded the company back in the 1960s.

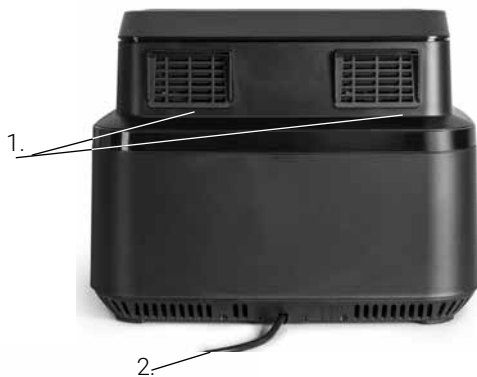
Our products are hand-picked and thoroughly tested so you can be sure that everything you purchase will be a pleasure to use for many years to come.

CONTENTS

Product features	3
Control panel	4-6
Safety precautions	7-8
Using your Adjustable Air Fryer for the first time	9
Instructions for use	9-13
Checking your food	14
A guide to ingredients and hints and tips	15-16
A guide to cooking times	17
Recipes	18-20
Frequently asked questions	21
Care and cleaning	22
Technical information	23
Electrical connections	23
Recycling your electricals	23

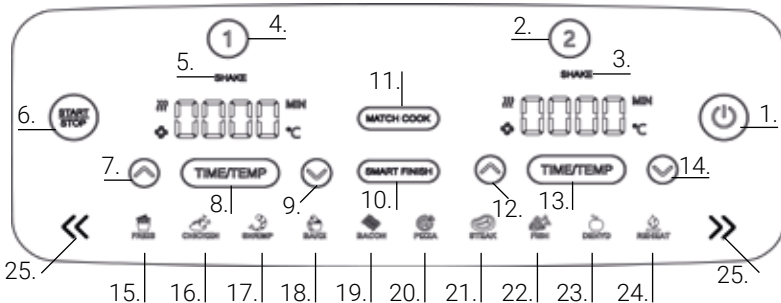
PRODUCT FEATURES

1. Air vents
2. Cord and plug
3. Control panel
4. Air intake
5. Crisper drawer
6. Crisper drawer handles
7. Non-stick tray and divide
8. Cooking cavity and heating element



CONTROL PANEL ICONS

1. On/off power
2. Cooking zone 2 (Right hand side)
3. Cooking zone 2 shake
4. Cooking zone 1 (Left hand side)
5. Cooking zone 1 shake
6. Start/stop
7. Cooking zone 1 increase
8. Cooking zone 1 time/temperature
9. Cooking zone 1 decrease
10. Smart finish
11. Match cook
12. Cooking zone 2 increase
13. Cooking zone 2 time/temperature
14. Cooking zone 2 decrease
15. Fries function
16. Chicken function
17. Shrimp (Seafood) function
18. Bake function
19. Bacon function
20. Pizza function
21. Steak function
22. Fish function
23. Dehyd (Dehydrate) function
24. Reheat function
25. Preset function scroll arrows



ON/OFF POWER ICON

The 'ON/OFF' power icon will be illuminated, when the appliance is plugged in and switched on at the socket and the crisper drawer is in place. Select the 'ON/OFF' power icon to put the appliance into standby mode.

Press and hold the 'ON/OFF' power icon for 2 seconds to stop the entire appliance during cooking.

START/STOP ICON

After selecting the correct cooking zone to be used and function, press the 'START/STOP' icon to start the cooking process. During cooking, you can touch the 'START/STOP' icon to pause and resume the cooking.

COOKING ZONE 1 (LEFT) ICON

Press the '1' icon if you are using the left cooking zone, this will then illuminate the control panel. Then press the 'PRESET SCROLL' arrow icon to select the cooking function you require. The control panel will show the default temperature and time for the function and alternate between the two.

COOKING ZONE 2 (RIGHT) ICON

Press the '2' icon if you are using the left cooking zone, this will then illuminate the control panel. Then press the 'PRESET SCROLL' arrow icon to select the cooking function you require. The control panel will show the default temperature and time for the function and alternate between the two.

TIME/TEMP ICON

Press the 'TIME/TEMP' icon on the corresponding cooking zone which is selected, the display will show the temperature and you can adjust the temperature you need using the corresponding increase and decrease icons.

Press the 'TIME/TEMP' icon again on the corresponding cooking zone which is selected, the display will show the time and you can adjust the time you need using the corresponding increase and decrease icons.

COOKING ZONE 1 (LEFT) INCREASE AND DECREASE ICONS

The increase and decrease icons enable you to increase or decrease cooking temperature in 5°C increments. If the icon is held down it will go through the temperature range quickly. Temperature range: 80°C to 200°C.

These icons also allow you to increase or decrease cooking time for cooking zone 1 (left) in 1 minute intervals. If the icon is held down, it will go through the time range quickly.

Time range: 1 to 60 minutes. Dehydration function time range 30 to 600 minutes.

COOKING ZONE 2 (RIGHT) INCREASE AND DECREASE ICONS

The increase and decrease icons enable you to increase or decrease cooking temperature in 5°C increments. If the icon is held down it will go through the temperature range quickly. Temperature range: 80°C to 200°C.

These icons also allow you to increase or decrease cooking time for cooking zone 2 (right) in 1 minute intervals. If the icon is held down, it will go through the time range quickly.

Time range: 1 to 60 minutes. Dehydration function time range 30 to 600 minutes.

SMART FINISH ICON

Press the 'SMART FINISH' icon when you are cooking two different types of food with different temperatures and times, and you wish for them to finish cooking at the same time.

MATCH COOK ICON

Press the 'MATCH COOK' icon to automatically match the settings of cooking zone 1 for use in cooking zone 2. You would use this function to cook a larger amount of the same food, or cook different foods in each zone using the same function, temperature and time. Remove the divide if you are cooking a larger food item.

SHAKE ICON

The 'SHAKE' icon will flash and there will be a beep, when it is two thirds of the way through the cooking time. Remove the crisper drawer, shake and then replace, the appliance will carry on cooking.

PRESETS

Selecting the preset icon enables you to scroll through the 10 preset heating functions. Once selected, the predetermined time and cooking temperature shows on the control panel.

The quick preset functions are:

Fries function

Chicken function

Shrimp (Seafood) function

Bake function

Bacon function

Pizza function

Steak function - Not suitable for meat with a very high fat content e.g. sausages, hot oil can spit onto the heating element and cause the appliance to smoke.

Fish function



Dehyd (Dehydrate) function – Dehydrate meats, fruits and vegetables for healthy snacks.



Reheat function – Reheat leftovers by gently warming them, leaving you with crispy results.


SAFETY PRECAUTIONS

Carefully read all the instructions before using the appliance and keep in a safe place for future reference. Always follow these safety precautions when using the appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described in this instruction book.

- 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 understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be done by children unless they are older than 8 and supervised.
- Make sure your electricity supply matches the voltage shown on the appliance.
- Ensure all packaging materials and any promotional labels or stickers are removed from the appliance before the first use.
- Always inspect the appliance before use for noticeable signs of damage. Do not use if damaged or has been dropped. In the event of damage, or if the appliance develops a fault contact the Lakeland Customer Services team on 015394 88100 or info@lakeland.co.uk
- Do not use this appliance if the lead is damaged. Contact the Lakeland Customer Services team on 015394 88100 or info@lakeland.co.uk
- Always use the appliance on a dry, level, heat resistant surface.
- Unplug from the mains when not in use and before cleaning. To disconnect, turn the socket to "off" and remove the plug from the mains socket.
- Do not use any accessories or attachments with this appliance other than those recommended by Lakeland.
- To protect against fire, electric shock or personal injury, do not immerse cord, plug or lid in water or other liquids.
- Do not leave the lead hanging over the edge of a kitchen table or worktop. Avoid contact between the lead and hot surfaces.
- For indoor use only.
- For domestic use only.
- This appliance should be used for preparation of food as described within the instructions for use that accompany it.
- Always ensure that your hands are dry before removing the plug from the mains socket. Never pull the plug out of the mains socket by its lead.
- To avoid injury or possible fire, do not cover the appliance when in use.
- Not recommended to be used with a plug-in timer switch.

- An extension cable may be used with care. The electrical rating of the cable should be at least as great as the appliance. Do not allow the cable to hang over the edge of the worktop or touch any hot surfaces.
-  **WARNING:** A cut off plug inserted into a 13 amp socket is a serious safety (shock) hazard. Ensure the cut off plug is disposed of safely.
-  **CAUTION:** The plastic bags used to wrap this appliance or the packaging may be dangerous. To avoid risk of suffocation, keep these bags out of reach of babies and children. These bags are not toys.
- Keep the Adjustable Air Fryer, plug and lead away from hot ovens, flames and other hot surfaces.
- **The Adjustable Air Fryer must be used in a well ventilated area, at least 10cm away from walls and other surfaces to allow sufficient airflow. Condensation may build up under the machine during use, place it on a waterproof surface before use.**
- **DO NOT** operate the Adjustable Air Fryer empty (except on preheat function) and never fill beyond half full.
- **DO NOT** fill the basket with oil or any other liquid to avoid a fire hazard.
- If dark smoke is coming out of the appliance, unplug immediately. Wait for the smoke to stop before removing the crisper drawer.
- **DO NOT** place food directly into the cooking cavity, or allow food to come into direct contact with the heating element. **Never add food to the basket without the tray being in place, always cook food in the crisper drawer.**
- **DO NOT** leave the Adjustable Air Fryer unattended during use.
- **The Adjustable Air Fryer, crisper drawer and tray will remain hot for some time after use.** switch off and unplug the Adjustable Air Fryer and let it cool completely before moving, cleaning or storing.

 **WARNING – HOT SURFACES** 

- All surfaces marked with this  symbol will get very hot during use.
- To prevent injury, **DO NOT TOUCH.**
- Switch off and unplug the Adjustable Air Fryer and let it cool completely before touching these surfaces.
- Be careful when removing the crisper drawer and tray as burning hot steam can escape, and hot fat can spit and burn. Always use the crisper drawer handles. Use oven gloves.
- During use, hot steam is released through the air vents - keep your hands and face at a safe distance.



USING THE ADJUSTABLE AIR FRYER FOR THE FIRST TIME

- Unpack the Adjustable Air Fryer and remove all the packaging materials.
- Before first use, wipe the main unit with a clean damp cloth.

TO REMOVE A CRISPER DRAWER FROM THE COOKING CAVITY

- Pull the crisper drawer out from the cooking cavity using the crisper drawer handles and place on a dry level surface.
- Condensation may build up under the machine during use, place it on a waterproof surface before use.
- Wash the crisper drawer, tray and divide with hot, soapy water, rinse and dry thoroughly.
- Make sure that all parts are clean and dry before assembling the product.



- Lower the tray into the crisper drawer, with the smooth side of the ridges and raised handle upper most, this now creates the large crisper drawer. **Never use the crisper drawer without the tray in it.**
- To use the crisper drawer as two independent cooking zones and sections, insert the divide into the middle with the arrow on the divide pointing up.
- Slide the crisper drawer back into the cooking cavity.
- The Adjustable Air Fryer is now ready to use.

INSTRUCTIONS FOR USE

- **PLEASE NOTE:** This is an oil free fryer that works on hot air. **DO NOT** fill the crisper drawer with oil or any other liquid. **DO NOT** fill beyond half full, when putting your ingredients into the crisper drawer.
- Place the Adjustable Air Fryer on a flat heat resistant surface near a socket. **The Adjustable Air Fryer must be used in a well ventilated area, at least 10cm away from walls and other surfaces to allow sufficient airflow. Condensation may build up under the machine during use, place it on a waterproof surface before use.**
- When using the Adjustable Air Fryer for the first time, you may notice a slight burning smell. This is normal for a new heating element and will disappear after a few uses.

POWER ON MODE

- Plug in and switch on the Adjustable Air Fryer at the socket, the appliance will beep, the digital display will briefly illuminate and the 'ON/OFF' power icon will illuminate and the appliance will enter into power on mode.

STANDBY MODE

- Press the 'ON/OFF' power icon to activate the appliance, there will be a beep. The cooking zone 1 (left) '1' icon and cooking zone 2 (right) '2' icon will appear and remain on.
- If no icons on the control panel are touched after 30 minutes, it will go back to power on mode. Likewise, if you have paused or opened the crisper drawer and there is no operation within 5 minutes, it will go back to power on mode.

NOTE: Preheat the Adjustable Air Fryer with **NO** food in the crisper drawer for 3 minutes at the required temperature to warm up.

USING COOKING ZONE 1 MODE

1. Press the '1' icon, the default temperature and time will appear alternately on the cooking zone 1 (left) display.
2. If you press and hold the '1' icon for 2 seconds, you can cancel the selection of the cooking zone 1 (left) and the appliance enters standby mode.
3. When the '1' icon is flashing you can touch the preset function scroll arrows to change to the desired preset function to use. As you press the icon it will move through the preset functions and circle back to the beginning.
4. Press the 'TIME/TEMP' icon, the display will show the temperature of the current preset function and it will be permanently on the display.
5. Press the up or down icons to adjust the temperature, each time you press, the temperature will change by 5°C increments. You can press and hold the icon, the temperature will increase or decrease quicker.
6. The temperature can be adjusted from 80°C to 200°C.
7. Press the 'TIME/TEMP' indicator icon, the display will show the time of the current preset function and it will be permanently on the display.
8. Press the up or down icons to adjust the time, each time you press, the time will change in 1 minute intervals. You can press and hold the icon, the time will be continuously increasing or decreasing quicker.
9. The time range can be adjusted from 1 to 60 minutes. Dehydrate function 30 to 600 minutes.
10. After setting the desired working function, temperature and time, touch the 'START/STOP' icon.
11. The cooking zone 1 (left) will start working. The display will alternate between the selected temperature and the time. The timer will start counting down the time, showing the remaining time left to cook.
12. At the end of the cooking time, the appliance will beep 5 times and '0000' will appear on the display.
13. The cooking zone 1 (left) will then enter into standby mode.

USING COOKING ZONE 2 MODE

1. Press the '2' icon, the default temperature and time will appear alternately on the cooking zone 2 (right) display.
2. If you press and hold the '2' icon for 2 seconds, you can cancel the selection of the cooking zone 2 (right) and the appliance enters standby mode.
3. When the '2' icon is flashing you can touch the preset function scroll arrows to change to the desired preset function to use. As you press the icon it will move through the preset functions and circle back to the beginning.
4. Press the 'TIME/TEMP' icon, the display will show the temperature of the current preset function and it will be permanently on the display.
5. Press the up or down icons to adjust the temperature, each time you press, the temperature will change by 5°C increments. You can press and hold the icon, the temperature will increase or decrease quicker.
6. The temperature can be adjusted from 80°C to 200°C.
7. Press the 'TIME/TEMP' indicator icon, the display will show the time of the current preset function and it will be permanently on the display.
8. Press the up or down icons to adjust the time, each time you press, the time will change in 1 minute intervals. You can press and hold the icon, the time will be continuously increasing or decreasing quicker.
9. The time range can be adjusted from 1 to 60 minutes. Dehydrate function 30 to 600 minutes.
10. After setting the desired working function, temperature and time, touch the 'START/STOP' icon.
11. The cooking zone 2 (right) will start working. The display will alternate between the selected temperature and the time. The timer will start counting down the time, showing the remaining time left to cook.
12. At the end of the cooking time, the appliance will beep 5 times and '0000' will appear on the display.
13. The cooking zone 2 (right) will then enter into standby mode.

ADJUSTING THE TEMPERATURE OR TIME DURING THE COOKING PROCESS USING A SINGLE COOKING ZONE

1. If you need to adjust the temperature or time during the cooking process, press the corresponding cooking zone icon '1' or '2' depending on which cooking zone you are using. The cooking zone icon '1' or '2' will flash.
2. Press the 'TIME/TEMP' icon, the display will show the temperature or time, then press up or down according to what you are altering to adjust the corresponding temperature and time.
3. After you have finished altering the temperature or time, press the 'START/STOP' icon to continue cooking.

ADJUSTING THE TEMPERATURE OR TIME DURING THE COOKING PROCESS USING BOTH COOKING ZONES

1. If you need to adjust the temperature or time during the cooking process, press the corresponding cooking zone icon '1' or '2' depending on which cooking zone you are using. The cooking zone icon '1' or '2' will flash.
2. Press the 'TIME/TEMP' icon, the display will show the temperature or time, then press up or down according to what you are altering to adjust the corresponding temperature and time.
3. After you have finished altering the temperature or time, press the 'START/STOP' icon twice to continue cooking or press the corresponding flashing cooking zone icon '1' or '2'.

ADJUSTING THE PRESET FUNCTION DURING THE COOKING PROCESS

1. If you need to reset the menu during the cooking process, lightly press the 'START/STOP' icon once to enter the pause mode, the heater and motor will stop working.
2. Press the corresponding cooking zone icon '1' or '2' and the display will flash, alternating between temperature and time.
3. Press the preset function scroll arrows to adjust the working function, as well as the temperature and time according to your needs.
4. Then press the 'START/STOP' icon to start the cooking process again.

OPENING THE CRISPER DRAWER DURING THE COOKING PROCESS

1. Slide the crisper drawer out of the Adjustable Air Fryer using the drawer handle.
2. On the control panel the digital display will show 'OPEN' 'OPEN'.
3. Add your food to the crisper drawer or turn food over, do not exceed beyond half full.
4. Never add food to the crisper drawer without the tray in place, always cook food in the crisper drawer. Excess oil from your food is drained through the tray into the bottom of the crisper drawer.
5. The Adjustable Air Fryer will go into a pause mode, gently shake your ingredients. When the crisper drawer is replaced, the Adjustable Air Fryer will continue to the cooking cycle.

TO POWER OFF THE ADJUSTABLE AIR FRYER DURING THE COOKING PROCESS

1. To turn off the appliance during cooking, press and hold the 'ON/OFF' power icon for 2 seconds to turn off the Adjustable Air Fryer.

SMART FINISH FUNCTION

1. The appliance has a synchronisation end function, this function is available as a setting when you have selected to cook with both of the cooking zones.
2. After selecting the correct preset function for each cooking zone and setting the temperature and time, press the 'SMART FINISH' icon first and then it will start flashing.
3. Press the 'START/STOP' icon and the appliance will begin to work, at this point, the cooking zone with the longest cooking time will be fully illuminated and the function icon will be flashing. When the time is reached for the other cooking zone, it will begin to cook and be fully illuminated. The 'SMART FINISH' icon will keep flashing until the cooking is finished.
4. When the smart finish function is complete it will beep 5 times and '0000' '0000' will show on the display.

POWER OFF MEMORY

- If the appliance is being used and accidentally powered off, the appliance will return to the operating state it was at before the power failure, as long as the power is reapplied within 15 minutes.

CHECKING YOUR FOOD

- We recommend checking your food during cooking and shaking ingredients gently two thirds of the way through to prevent unevenly cooked food. The appliance has a 'SHAKE' function reminder.
- Slide the crisper drawer out of the Adjustable Air Fryer using the crisper drawer handle.
- The Adjustable Air Fryer will go into a pause mode, gently shake your ingredients. When the crisper drawer is replaced, the Adjustable Air Fryer will continue the cycle.
- Do not use metal utensils with the crisper drawer and tray as this will damage the non-stick coating. Use heat resistant plastic or wooden utensils if you need to turn your food.
- **When checking ingredients, place the crisper drawer on a heat resistant surface.**
- Temperatures and timings can be altered during the cooking cycle if your food needs longer.
- You can change the time or temperature during the air frying process using the up and down icons. You cannot adjust the time and temperature while the process is paused and the crisper drawer is open.
- When the cooking has finished, the Adjustable Air Fryer will beep five times and the control panel will show '0000' on the display, depending on the side you are using.
- Check your food is ready. If not, slide the crisper drawer back into the cooking cavity and set the time for an additional 5 minutes.
- When removing food, **DO NOT** turn the crisper drawer upside down as any hot oil residue which has drained into the bottom of the crisper drawer will spill onto your food.
- Depending on the type of food you have cooked, hot steam may escape from the crisper drawer.
- Place the crisper drawer on a heat resistant surface, remove your food onto a plate with tongs.
- The motor fan may continue to run until the appliance has cooled down. When the fan has stopped, switch off and unplug at the socket.
- Allow the appliance to cool down completely before moving, cleaning or storing, approximately 30 minutes after use. Removing the crisper drawers will let the air fryer cool down more quickly.

A GUIDE TO INGREDIENTS AND HINTS AND TIPS

- Not suitable for sausages with very high fat content. Hot oil can spit onto the heating element and cause the appliance to smoke.
- You can cook snacks that would normally be cooked in an oven in the Adjustable Air Fryer.
- You can use the Adjustable Air Fryer to reheat ingredients, using the reheat function, the default temperature is 180°C for 5 minutes.
- Cut food into even sizes for even cooking.

CHIPS

We recommend Maris Piper and King Edward potatoes for making chips. Store them in a dark cellar or in a cool cupboard away from light.

When you have peeled your potatoes, wash them thoroughly before cutting, and wash again once they have been cut - this will remove the starch.

Dry the chips using a highly absorbent clean tea towel or kitchen towel.

For crispier chips, coat your chips lightly in oil and cook within a few minutes.

PLEASE NOTE: This is an oil free fryer that works on hot air. **DO NOT** fill the crisper drawer with oil or any other liquid.

The thinner the chips, the crispier they will be. The thicker the chips, the fluffier on the inside they will be.

Change the cooking time according to the thickness of your chips. If you prefer chips to be crispy, try cooking for a couple more minutes.

To add a different taste to your chips, you can coat them in different types of oil.

You can also cook frozen chips in the Adjustable Air Fryer, as they are pre-cooked and pre-coated so there is no need to add oil.

FOOD	DEFAULT TEMPERATURE (°C)	TEMPERATURE RANGE (°C)	DEFAULT TIME (MINUTES)	DEFAULT TIME (MINUTES)
Fries	200	80-200 in 5°C increments	20	1-60 in 1 minute intervals
Chicken	200	80-200 in 5°C increments	28	1-60 in 1 minute intervals
Shrimp (Seafood)	200	80-200 in 5°C increments	10	1-60 in 1 minute intervals
Bake	200	80-200 in 5°C increments	20	1-60 in 1 minute intervals
Bacon	200	80-200 in 5°C increments	7	1-60 in 1 minute intervals
Pizza	200	80-200 in 5°C increments	11	1-60 in 1 minute intervals
Steak	200	80-200 in 5°C increments	13	1-60 in 1 minute intervals
Fish	200	80-200 in 5°C increments	20	1-60 in 1 minute intervals
Dehyd (Dehydration)	60	50-80 in 5°C increments	240	30-600 in 30 minute intervals
Reheat	180	80-200 in 5°C increments	5	1-60 in 1 minute intervals

A GUIDE TO COOKING TIMES

Here is a guide to cooking times for different types of food.

This is a guide only, times will vary depending on whether the food is in season, its size, thickness and your preference on how well you like your food cooked (e.g. steak).

For frozen food, use the cooking times and temperatures on the packet as a guide and adjust as needed.

Whilst you are getting to grips with cooking times, monitor your food and cook for a couple more minutes if needed.

Ensure food is thoroughly cooked before serving.

FOOD	AMOUNT (g)	TIME (min)	TEMP (°C)	SHAKE?	ADDITIONAL INFORMATION
MEAT					
Steak	225-450	10	180	No	Use tongs to turn halfway through.
Pork Chops	225-450	10-14	180	No	
Burgers	225-450	7-14	180	No	
Sausages (Not suitable for sausages with very high fat content)	225-450	7-14	180	No	
CHIPS AND FROZEN FOOD					

Sweet potato wedges	225-450	10-15	200	Yes	Mix in a bowl with 1-2 tsp of oil, salt, pepper and paprika (optional).
Home-made chips	225-450	25-30	180	Yes	Cut potato into 1cm chips. Mix in a bowl with 1-2 tsp of oil.
Thin frozen chips	450	10-15	180	Yes	Do not add oil.
Thick frozen chips	450	15-20	180	Yes	
Frozen chicken nuggets	225-450	10-15	200	Yes	
POULTRY					
Drumsticks	225-450	20-25	200	No	Use tongs to turn halfway through.
Chicken breast	225-450	20-25	200	No	

RECIPES

Please note that all spoon measurements are standard metric, so 1 tsp is 5ml and 1 tbsp is 15ml. We recommend using a set of measuring spoons for accurate results.

CRISPY SPICED CHICKPEAS

Ingredients	Quantity
Extra-virgin olive oil	2 tsp
Ground cumin	1 tsp
Sesame seeds	1 tsp
Chili powder	1 tsp
Dried thyme	½ tsp
Garlic powder	¼ tsp
Sea salt	¼ tsp
Chickpeas	1 can (420g) drained, rinsed and patted dry

WHAT YOU DO

Preset function: Fries. Temperature: 190°C. Time: 18 to 20 minutes.

In a medium bowl, combine the olive oil, cumin, sesame seeds, chili powder, thyme, garlic powder, and salt.

Toss with the chickpeas to coat. Discard any skins that come off.

Transfer the chickpeas to the Adjustable Air Fryer rack and cook at 190°C, shaking the basket every 5 minutes, until crispy for 18 to 20 minutes.

COURGETTE FRITTERS – Makes 2-3

Ingredients	Quantity
Courgette	1 medium, peeled and grated
Parmesan cheese	50g, freshly grated
Egg	1 large egg, beaten
Sea salt	½ tsp
Freshly ground black pepper	¼ tsp
Garlic clove	1, crushed
Spring onion	1, large, white and green parts, finely chopped
Breadcrumbs	60g
Olive oil cooking spray	

WHAT YOU DO

Preset function: Fries. Temperature: 200°C. Time: 7 minutes.

In a medium bowl, combine the courgette, Parmesan, egg, salt and pepper and mix until combined.

Mix in the garlic and chopped spring onion, then fold in the breadcrumbs.

Scoop about 2 tablespoons of the mixture into the palm of your hand. Roll into a ball, then flatten into a pancake about 6mm thick. Repeat with the remaining mixture.

Brush or spray on all sides with olive oil cooking spray.

Place the fritters in the basket of the Adjustable Air Fryer, leaving space between each one.

Air fry at 200°C until golden for about 7 minutes.

TERIYAKI SALMON

Ingredients	Quantity
Light soy sauce	3 tbsp
Water	1 tbsp
Brown sugar	1 tbsp
Stem ginger	½ inch (1.3 cm), peeled and finely grated (about 1 tsp)
Garlic	1 clove, finely grated
Salmon fillets	2, roughly 160g

WHAT YOU DO

Preset function: Fish. Temperature: 190°C. Time: 10 to 15 minutes.

Place the soy sauce, water, brown sugar, ginger, and garlic in a small saucepan and gently simmer until the sugar dissolves and the mixture is slightly syrupy, about 2 minutes.

Line the Adjustable Air Fryer rack with parchment paper. Brush the salmon pieces with the sauce and transfer to the prepared rack.

Cook at 190°C until the fish is opaque throughout, 10 to 15 minutes.

FREQUENTLY ASKED QUESTIONS

Question: Why is the Adjustable Air Fryer not working?

Answer: Check that the appliance is plugged in and switched on at the socket and the power light is illuminated.

The Adjustable Air Fryer has overheat protection. If the inner temperature has exceeded a safe working temperature, there is a fault and the fuse has cut out. Contact the Lakeland Customer Services team on 015394 88100 or info@lakeland.co.uk

Question: Why is my food not cooked properly?

Answer: There may be too much food in the basket – check the recommended amount on the table on page 16. Alternatively, put smaller batches into the Adjustable Air Fryer – this will ensure food is cooked more evenly.

The temperature may be too low, increase the cooking temperature.

The cooking time may not be long enough, cook for another 5 minutes.

Question: Why is the food cooked unevenly?

Answer: Some foods, such as chips and nuggets, need to be shaken two-thirds of the way through cooking. There is a 'SHAKE' function, see page 6.

Question: Why are the home-made chips not crispy?

Answer: Ensure you use the right type of potato (some give better results). When preparing the chips, make sure they are the same size, wash and dry them before putting in the Adjustable Air Fryer to remove the starch and lightly coat with oil to obtain a crispier result.

Question: Why will the crisper drawer not slide into the Adjustable Air Fryer?

Answer: The crisper drawer is overfilled – remove some of the food and make sure it is not filled beyond half full.

The crisper drawer may not be placed into the cooking cavity correctly.

Push the crisper drawer into the cooking cavity until you hear it click.

Question: Why is there smoke coming from my air fryer?

Answer: Foods with a very high fat content can spit onto the heating element causing the appliance to smoke.

Question: Why is there excess steam coming out of the Adjustable Air Fryer?

Answer: The ingredients you are cooking are too greasy to be cooked in the Adjustable Air Fryer, the oil and fat from the ingredients may have splashed onto the heating element. Switch off the Adjustable Air Fryer and clean - see 'Care and Cleaning'.

There may be residues from previous cooking, make sure the basket and tray are cleaned properly after each use.

CARE AND CLEANING

- Unplug the Adjustable Air Fryer and let it cool completely before cleaning, approximately 30 minutes after use. If you remove the crisper drawers from the Adjustable Air Fryer and place them on a heat resistant surface, they will cool down quicker.
- Clean thoroughly before using for the first time and after every use.
- Check the parts for wear or damage after every few uses.
- Do not use abrasive cleaners or steel wool.
- Never immerse the main unit in water or any other liquid.
- To clean the main unit and control panel, wipe with a clean, damp cloth and dry thoroughly before storing.
- To clean the crisper drawers and trays, wash in hot, soapy water using a non-abrasive sponge.
- If ingredients are stuck to the baskets or trays, soak for 10 minutes before cleaning and use a sponge or soft bristled brush to dislodge.
- Clean the cooking cavities using a damp, non-abrasive cloth.
- Clean the heating elements using a clean dry brush.
- Store the Adjustable Air Fryer with the power cable loosely coiled. Never wrap it tightly around the product.

TECHNICAL INFORMATION

- Power: 2600W.
- Voltage: 220-240V.~
- Frequency: 50-60Hz.
- Flex length approx. 68cm. (26¾").
- Product weight approx. 7.2kg.

ELECTRICAL CONNECTIONS

THIS APPLIANCE MUST BE EARTHED

The appliance is fitted with a fused three-pin plug to BS1363 which is suitable for use in all homes fitted with sockets to current specifications.

CHANGING THE 13 AMP FUSE

Use a 13 amp BS1362 fuse. Only BSI or ASTA approved fuses should be used. If you are unsure which plug or fuse to use, always refer to a qualified electrician.

Note: After replacing or changing a fuse on a moulded plug which has a fuse cover, the cover must be refitted to the plug; the appliance must not be used without a fuse cover. If lost, replacement fuse covers can be obtained from an electrical shop.



RECYCLING YOUR ELECTRICALS

The Waste Electrical and Electronic Equipment (WEEE) Directive requires UK distributors to maximise separate collection and environmentally friendly processing of WEEE.

UK distributors (including retailers) are required to provide a system which allows all customers buying new electrical equipment the opportunity to recycle their old items free of charge.

As a responsible retailer, we have met these requirements by offering all customers buying new electrical and electronic equipment free take-back of their old electricals on a like-for-like basis.



Lakeland
Alexandra Buildings, Windermere, Cumbria, UK LA23 1BQ
Tel: +44(0)15394 88100 lakeland.co.uk