

AHJ MGPWC180

AHJ Microwave Grill Pan with Lid Instruction Manual

Model: MGPWC180

INTRODUCTION

Thank you for purchasing the AHJ Microwave Grill Pan with Lid. This innovative cookware allows you to achieve grilled, browned, and crispy results using your microwave oven, offering a convenient and efficient way to prepare a variety of meals. Please read this manual thoroughly before first use to ensure safe and optimal performance.

IMPORTANT SAFETY INFORMATION

WARNING: To reduce the risk of fire, electric shock, injury to persons, or exposure to excessive microwave energy, always follow basic safety precautions.

- Read all instructions before using the appliance.
- This product is designed for microwave oven use only. Do not use on stovetops, in conventional ovens, or under a broiler.
- Ensure your microwave oven is between 600-1000W. Adjust cooking times accordingly for different wattages.
- Do not place the grill pan in an empty microwave for extended periods. If preheating, follow instructions carefully and monitor closely.
- Always use the lid during microwave operation to prevent splattering and ensure proper heating.
- Use caution when removing the pan from the microwave as it will be hot. Always use oven mitts or the easy-grip handles.
- Do not use abrasive cleaners or metal scouring pads, as this may damage the non-stick coating.
- Inspect the pan and lid for any damage before each use. Do not use if damaged.
- Keep out of reach of children.

PRODUCT OVERVIEW

Components

- Microwave Grill Pan (Base) with non-stick coating and integrated handles.
- Lid with heat-resistant handle and ventilation holes.
- Integrated Silicone Mat (distributes heat, catches grease).

Features

- **Multifunctional:** Cook steaks, omelets, quesadillas, fried fish, bacon, cheese sandwiches, spaghetti, potatoes, and more.
- **Advanced Heating Material Technology:** Rapidly absorbs microwave energy to heat instantly (up to 260°C / 492°F) for even heating and grill-like crispness.
- **Fast & Portable:** Prepares crisp/browned meals in minutes using only the microwave. Compact design for easy storage and transport.
- **Integrated Grease-Splatter Cover:** The lid helps contain splatters.
- **Deep Grooves:** Designed to drain fat for healthier cooking.
- **Non-Stick Coating:** Prevents food from sticking for easy cleanup.
- **Food-Grade Silicone:** Ensures non-toxic, heat-resistant materials.

Specifications

Attribute	Value
Product Dimensions	10.55"L x 9.13"W x 3.54"H
Color	Red
Material	Aluminium, Silicone
Capacity	1.2 quarts
Finish Type	Painted
Model Number	MGPWC180
Item Weight	0.8 kg
Maximum Temperature	492 °F (260 °C)

SETUP AND FIRST USE

1. **Unpack:** Carefully remove all packaging materials and inspect the grill pan and lid for any signs of damage.
2. **Wash:** Before first use, wash the grill pan and lid thoroughly with warm, soapy water. Rinse well and dry completely.

3. **Placement:** Place the grill pan inside your microwave oven. Ensure there is adequate space for the microwave's turntable to rotate freely if applicable.

OPERATING INSTRUCTIONS

The AHJ Microwave Grill Pan is designed to brown and crisp food quickly in your microwave. Cooking times may vary based on your microwave's wattage and the type/quantity of food.

General Cooking Steps

1. **Preheat (Recommended):** For best browning and crisping results, lightly brush the cooking surface with a small amount of cooking oil. Place the empty grill pan with the lid on into your microwave and preheat for 1-2 minutes.
2. **Prepare Food:** Place your food directly onto the preheated grill pan.
3. **Cover:** Place the lid securely on the grill pan.
4. **Microwave:** Place the covered grill pan into the microwave. Cook for the recommended time (see examples below) or until desired doneness is achieved.
5. **Flip (if needed):** For even browning, you may need to flip the food halfway through the cooking process.
6. **Serve:** Carefully remove the hot grill pan from the microwave using oven mitts. Serve immediately.

Cooking Time Guidelines (Approximate, for 600-1000W microwaves)

- **Bacon:** 3-5 minutes (adjust for crispiness).
- **Eggs (Fried):** 1-2 minutes.
- **Grilled Cheese Sandwich:** 2-4 minutes, flipping halfway.
- **Chicken Breast/Steak:** 4-6 minutes per side, depending on thickness.
- **Chicken Wings:** 8-12 minutes, flipping halfway.
- **Shrimp:** 3-5 minutes.
- **Vegetables:** 3-7 minutes, depending on type and desired tenderness.

Always ensure food is cooked to a safe internal temperature.

Visual Guide to Cooking

MICROWAVE GRILL PAN

CRISPY BACON

Microwave
Oven Only



Microwave

**PERFECTLY COOKED EGGS!
SOFT & JUICY INSIDE!**

- Preheat pan with oil (1 min)
- Add food, coat with oil
- Heat for 3 minutes



Image: The AHJ Microwave Grill Pan shown with crispy bacon and a fried egg, illustrating its browning capabilities. Instructions for preheating, adding food, and heating are also displayed.

High-Quality Microwave Bacon Tray

1. Aluminum plating

This prevents microwaves from reaching the food.



2.Special materials

Ripening it in the microwave allows you to cook it like a skillet.

Other: glass lids

Permeable to microwaves; steams instead of searing.

Image: A four-step visual guide demonstrating how to use the grill pan: 1. Preheat and brush oil, 2. Add food and heat, 3. Flip food and continue heating, 4. Complete cooking and serve.

Product Demonstration Videos

Your browser does not support the video tag.

Video: A demonstration of the AHJ Microwave Grill Pan in use, showcasing its ability to cook various foods like fish, chicken, and grilled cheese. This video highlights the pan's versatility and ease of use.

Your browser does not support the video tag.

Video: This video provides a quick overview of the AHJ Microwave Grill Pan, demonstrating its features and how it can be used to prepare different meals efficiently.

Your browser does not support the video tag.

Video: A short video showcasing the AHJ Microwave Grill Pan's ability to cook various items like chicken wings, grilled cheese, and bacon, emphasizing quick and delicious results.

MAINTENANCE AND CLEANING

- **After Each Use:** Allow the grill pan to cool completely before cleaning.
- **Hand Washing:** Wash the pan and lid with warm, soapy water using a soft sponge or cloth. The non-stick coating allows for easy cleanup.
- **Dishwasher Safe:** The AHJ Microwave Grill Pan is dishwasher safe. Place on the top rack for best results.
- **Stubborn Residue:** For stubborn food residue, soak the pan in warm, soapy water for a few minutes before cleaning.
- **Storage:** Store the clean and dry grill pan and lid in a cool, dry place.

QUICK & EASY CLEAN



Image: The AHJ Microwave Grill Pan shown being cleaned by hand with a sponge and also placed inside a dishwasher, illustrating its easy cleaning and dishwasher-safe feature.

TROUBLESHOOTING

- **Food not browning/crisping:**
 - Ensure your microwave wattage is within the recommended 600-1000W range.
 - Increase cooking time slightly.
 - Preheat the pan for 1-2 minutes before adding food.
 - Ensure food is not overcrowded in the pan.
- **Food sticking to the pan:**
 - Ensure the non-stick coating is not damaged.
 - Lightly brush the cooking surface with oil before each use.
 - Avoid using metal utensils that can scratch the coating.
- **Pan is too hot to handle:**
 - Always use oven mitts or heat-resistant gloves when handling the hot pan and lid.
 - Allow the pan to cool down before cleaning.

WARRANTY AND SUPPORT

For warranty information or product support, please contact AHJ customer service through the retailer where you purchased the product or visit the official AHJ brand store online.

AHJ Brand Store: [Visit the AHJ Store on Amazon](#)

© 2026 AHJ. All rights reserved.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question