

Healthy Choice®

3.8L DEEP FRYER



Model: DF380 | Batch: PR5104

HOUSEHOLD USE ONLY

Carefully read all instructions before use and save for future reference.

IMPORTANT SAFEGUARDS

PLEASE READ AND SAVE THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE

When using the appliance, basic safety precautions should be followed, including:

1. Avoid touching hot surfaces. Use handles or knobs when available.
2. Remove all packaging materials from the unit before use.
3. Wash all removable accessories before using them for the first time.
4. To prevent electric shock, do not immerse the cord, plug, or the appliance itself in water or any liquids.
5. Close supervision is required when the appliance is used by or near children.
6. Unplug the appliance when not in use and before cleaning. Allow it to cool down before assembling or disassembling parts.
7. Do not operate the appliance if the cord or plug is damaged, or if the appliance malfunctions or has been damaged in any way. Return it to an authorised service centre for examination or repair.
8. Use only the attachments recommended by the manufacturer to avoid injury.
9. Do not use the appliance outdoors.
10. Ensure the cord does not hang over the edge of the table or counter, or come into contact with hot surfaces.
11. Keep the appliance away from hot gas or electric burners, or heated ovens.
12. Always connect the plug to the appliance before plugging it into the wall socket. To disconnect, switch the appliance off and then remove the plug from the socket.
13. Do not insert oversized food or metal utensils into the appliance, as this may cause fire or electric shock.
14. Keep the appliance away from flammable materials such as curtains or walls while in operation to prevent fire.
15. Do not use metal scouring pads to clean the appliance, as small

pieces may break off and touch electrical parts, risking electric shock.

16. Store only the manufacturer's recommended accessories in the appliance when not in use.

17. Do not place paper, cardboard, plastic, or other non-food materials in the appliance.

Technical Parameters

Model	DF380
Voltage	220-240V~ 50-60Hz
Power	2000W
Capacity	3.8 Litre

APPLIANCE OVERVIEW



Lid with viewing window & odour-reducing filter



Frying basket with cool-touch handle

Drain support, dishwasher safe.
Do not fill the basket with food more than halfway full



Submersible heating element with control knobs & power light

Do not immerse in water.



Enamelled oil container
MAX and MIN level marking on the inside. Dishwasher safe.

Temperature Control Knob
150° - 190°C

Indicator Light

This light will cycle ON and OFF as the thermostat operates to maintain the correct oil temperature.

Timer Control Knob
up to 60 minutes



OPERATING TIPS

- Always place the deep fryer on a stable surface, and keep all flammable materials away from the unit during operation.
- Ensure the deep fryer is never near or on a switched-on stove or cooking surface.
- Before using the deep fryer, fill it with the required amount of oil or fat. Never operate the deep fryer without oil or fat, as this may damage the unit.
- Never move the deep fryer during use. The oil becomes extremely hot. Wait until the unit and the oil have completely cooled before moving.
- This deep fryer is equipped with a thermal safety device that automatically switches the machine off if it overheats.
- Never immerse the appliance in water.
- Never leave the deep fryer unattended while in use.
- Always ensure children's safety if they are near the deep fryer.
- If the deep fryer or cord is damaged, it must be repaired by a professional service centre. Do not attempt to repair the unit or replace the damaged cord yourself.
- Be careful not to damage the heating element. Avoid bending or denting it.
- The electrical component includes a safety heat switch, ensuring that the heating element only functions when it is correctly placed in the fryer.
- In case of overheating, the thermal protective device will automatically switch off the fryer. The reset button is located on the underside of the electrical component or inside the cord storage compartment. To reactivate, press the button using a pointed object (e.g. a pen). Always disconnect the fryer from the power outlet before reactivating the thermal protection.

PREPARING YOUR FRYER

Before Using for the First Time:

- Remove all packaging materials.
- Take out all removable parts and wash them gently with hot water.
- Do not immerse the power cord, control panel, or heating element in any liquids.
- Dry all parts thoroughly before reassembling.
- Do not operate the fryer without sufficient oil in the oil container.
- Always place the deep fryer on a flat, stable surface, ensuring the power cord is out of reach of children and away from accidental entanglement.

Tips:

- When frying different types of food, always fry the food that requires the lowest temperature setting first.
- Do not mix different types of oil for frying.
- Pre-cooked foods may take less time to fry than raw food.
- Replace the oil after 5–6 uses, or sooner if it becomes brown and thick.

SAFETY TIPS

- **This deep fryer is only suitable for use with oil or liquid fat.** Do not use solid fat, as trapped water can cause the hot fat to spurt out with considerable force.
- Never switch on the deep fryer without oil or liquid fat, as this may damage the machine. Do not place water or any other liquids in the oil container.
- Always place the deep fryer on a dry, stable surface. Since the fryer becomes hot during use, ensure it is not too close to other objects.

OPERATING INSTRUCTIONS

1. Ensure the deep fryer is unplugged before starting.
2. Assemble the control box into the oil pan, ensuring it is securely fitted and the small white safety switch is activated. The fryer will not power on properly if this switch is not activated.
3. Remove the frying basket and allow it to hang and rest on the back of the oil pan.
4. Use only high-quality frying oil such as peanut oil, vegetable oil, pure corn oil, sunflower oil, canola oil, or light olive oil. **It is recommended not to mix different oils.**
5. Fill the oil container between the MIN and MAX markings.
6. Do not fill the oil container above the MAX marking or below the MIN marking.
7. Ensure the temperature control knob and timer control knob are set to the OFF or 0 position.
8. Plug the power cord into an outlet.
9. Set the thermostat knob to the desired temperature and the timer knob to the desired time setting based on your recipe. The indicator light will turn on.
10. While the oil is preheating, prepare the food to be fried.
11. Once the oil reaches the set temperature, the indicator light will turn off. Note: The red indicator light will cycle on and off with the thermostat to maintain the set temperature.
12. When placing food into the basket, ensure it is as dry as possible. **Avoid adding water, ice, or wet food, as this may cause HOT OIL TO SPLATTER.**
13. If frying frozen food, remove any ice particles and thoroughly thaw the food.
14. Do not overfill the basket.
15. Lower the basket of food into the hot oil and cover the fryer with the lid.

Warning: Do not touch the control knob during the frying process. Hot steam may be released, which can cause injury.

16. When frying is complete, remove the lid. Lift the basket slowly out of the hot oil and place it on the drain support located on the back of the fryer basket.
17. After the excess oil has drained, place the food on a paper towel-lined baking sheet to allow any remaining oil to drain away.
18. If frying multiple batches, ensure the oil reheats to the required temperature between each load.

FRYING GUIDE

The frying times given in the chart are only a guide and should be adjusted accordingly to the quantity of food being fried.

FOOD TYPE	WEIGHT	TEMP.	TIME
Prawns	225g	150°C	3 - 5 min
Onions	140g	150°C	3 - 4 min
Mushrooms	300g	150°C	6 - 8 min
Fish Fillet	225g	150°C	5 - 6 min
Battered Fish	400g	150°C	6 - 8 min
Fish Cakes	400g	150°C	6 - 8 min
Sliced Meat	400g	170°C	7 - 10 min
Steak	400g	170°C	7 - 10 min
Chicken Strips	500g	180°C	7 - 10min
Hot Chips (1st time)	500g	190°C	6 - 10 min
Hot Chips (2nd time)	225g	190°C	3 - 5 min

FINISHING UP

- Turn the temperature control knob to the OFF position and unplug the deep fryer.
- Once the food is cooked, remove the lid. Hang the basket on the hook and allow excess oil to drain into the oil pot.
- Warning: Removing the lid will release hot steam. Exercise extreme caution when handling. Keep your face and bare skin away from the steam.
- Take out the basket and place the food on paper towels to absorb excess oil. Do not touch the basket while it is still hot. Always use the handle.
- After the excess oil has drained, place the food on a paper towel-lined baking sheet to allow any remaining oil to drain away.
- Replace the basket into the deep fryer.
- Do not move the deep fryer until it has cooled completely.
- Unplug the power cord and store the deep fryer away.

CLEANING THE DEEP FRYER

1. Remove the lid and basket.

Warning: Before cleaning, ensure the deep fryer is unplugged and has completely cooled down. Oil retains heat for a long time after use. Do not carry or move the deep fryer while the oil is still hot.

2. Wait for the fryer to cool completely, then lift out the Control Box Assembly and Heating Element.
3. Remove the oil container and pour out the oil. It is recommended to filter the oil after each use if you plan to reuse it.
4. After removing the oil pot, the fryer can be disassembled into several separate parts for cleaning.
5. The oil container and the frying basket can be washed in a dishwasher.
6. Wipe the Control Box & Heating Element with absorbent paper towels. Then, clean with a damp cloth and mild soap.

Warning: Do not immerse the Control Box & Heating Element in water.

7. Thoroughly dry all parts before reassembling.

Note: Avoid using abrasive scrubbing brushes or chemical cleaners on the unit.

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www.lenoxx.com.au



1300 666 848



LenoxxElectronics



LenoxxElectronics

service@lenoxx.com.au