

♥ JAMIE  
OLIVER

Tefal

# QUIET & EASY AIR FRYER QUICK-START GUIDE

COOKING TOGETHER SINCE 2003



EN

# WHAT'S IN THE BOX ?



Digital touchscreen panel

Wattage: 1,530W

Drawer

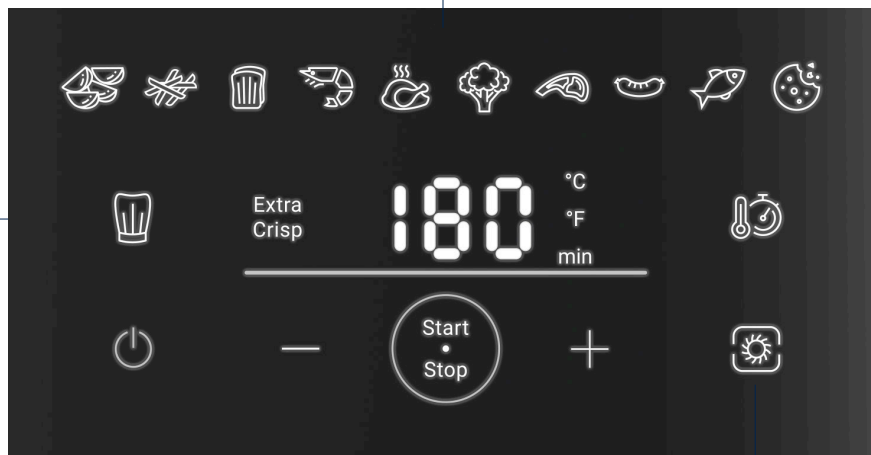
Detachable front handle



Removable die cast grid grill

# HOW TO USE YOUR DIGITAL SCREEN

## 10 PRESET PROGRAMS




**SELECTION BUTTON**  
for preset programs

Time and temperature  
adjust buttons

**COOKING IN  
PROGRESS ICON**

**MANUAL MODE BUTTON**  
set up time / temperature

- 10 cooking presets: Shortcuts with a set time and temperature for popular dishes. Time and temperature can be adjusted before pressing Start.
- Manual mode: Time and temperature settings are entirely under your control – see cooking table for guidance.
- When using a preset program, if you need to adjust the time and temperature, please select the icon  to modify the temperature and the time.

## USAGE TIPS

**Please read the Use & Care booklet before using your Quiet & Easy Air Fryer. However, these points will help you kick things off...**











- Before you start, remove the label from the unit and wash the drawer and grid in hot, soapy water with a non-abrasive sponge. The removable plate and drawer are dishwasher safe, however hand-washing is recommended. The non-stick surface makes for easy cleaning.
- For optimal cooking, ensure the grid is inside the drawer before starting the program. However, if you're using oven-proof dishes, you can place these in the drawer without the grid.
- Once a cooking program has finished, the drawer will automatically switch itself off. To shutdown the appliance, switch off at the mains.
- Remove ingredients using silicone-tipped tongs/utensils, so you don't damage the interior surface of the drawer.

## COOKING TIPS

- Preheating is only required if you want to sear your food. Ensure that the grill plate is placed with the grids facing upwards, and only add food once it's pre heated and you've heard the beep. To preheat, set the drawer to 200°C for 15m before adding your food.
- Do not overfill the drawer. For consistently crispy results, ensure ingredients are arranged in an even layer. Check your food often and shake the drawer to loosen the ingredients, to ensure desired results (unless the recipe states otherwise). Then reinsert the drawer and the cooking will resume. It is important to respect the maximum quantity indicated in the following cooking table. No ingredient should come into contact with the heating element.
- Where needed, toss or brush your food with a small amount of oil before adding it to the drawer.
- For the crispiest results, cook using the removable grid inside the drawer, as this will allow air to circulate around the food.
- When making homemade chips, soak them in cold water for at least 30 minutes, before cooking them in the air fryer. Then pat them dry with kitchen towels. This will ensure crisp results.

# COOKING TIMES

To make cooking even easier, the air fryer comes with the following presets\*. These are cooking times when the drawer is at max capacity. For any other food, the size, shape and variety may affect results, so cooking times may vary slightly.

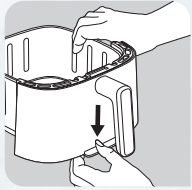
ICONS	INGREDIENT	SUGGESTED AMOUNT	PRESET TIME	PRESET TEMP
	ROOT VEG AND POTATOES	1kg	30min	190°C
	HOMEMADE/FROZEN FRIES	500g	15min	200°C
	TOASTIES	2 (side by side)	8min	200°C
	PRAWNS AND SHELLFISH	240g	6min	170°C
	CHICKEN	1.5kg whole	50min	180°C
	GREEN VEGETABLES	320g	7min	190°C
	MEAT	200g thick steak, pork cutlet, lamb chop, burger	10min	200°C
	SAUSAGES	8 x 70g	15min	180°C
	FISH	500g fillet	17min	140°C
	DESSERT	4 x 125g scones (uncooked)	20min	160°C

\*Cooking times are only a guide and may vary according to the variety and amount of ingredient used. Please also adjust according to instructions on any food packaging

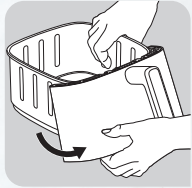
# DETACHABLE FRONT PANEL: FOR EASY CLEANING

Thanks to a detachable front handle, the Quiet & Easy Air Fryer is super easy to clean. Simply click off the handle and pop the basket and grill straight in the dishwasher, taking up minimal space.

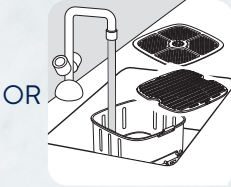
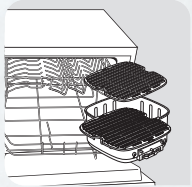
## HOW TO REMOVE THE FRONT PANEL



**1** Push down the button that's located at the bottom of the drawer.



**2** Gently remove the front panel, lifting it up from the bottom.



OR

**3** Place the drawer and grill in the dishwasher, or wash it by hand, and rinse the front handle under the tap with washing-up liquid and a non-abrasive sponge.

## HOW TO REATTACH THE FRONT PANEL



• When the front panel and drawer are thoroughly dry, reattach the handle by clipping it in at the top first, then pushing it into the bottom until you hear a click.

## STEP-BY-STEP: COOKING IN PRESET MODE

### Step 1



### Step 2



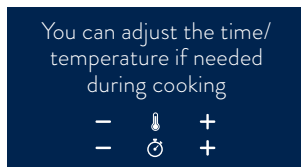
### Step 3



### Step 4



### Step 5



## STEP-BY-STEP: COOKING IN MANUAL MODE

### Step 1



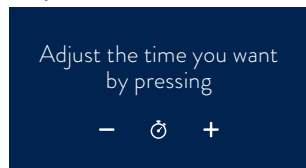
### Step 2



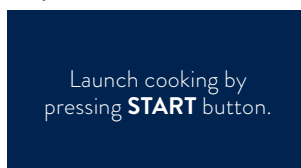
### Step 3



### Step 4



### Step 5



# AIR-FRYER TROUBLESHOOTING

## **How do I activate the manual mode?**

To activate the manual mode, press the 'time/temperature' icon, then adjust the time and temperature using the + and - arrows according to your recipe.

## **Should I preheat the air fryer for certain recipes?**

No, you don't need to preheat the air fryer for most recipes. However, if your dish does require it, set the air fryer to 200°C for 15 minutes. This is particularly good for searing/marketing meat.

## **Can I select a temperature above 200°C?**

Yes, you can! You can adjust the temperature from 40°C up to 220°C.

## **Can I cook food straight from the freezer? Or do I need to defrost it first?**

It really depends on what you're cooking. Always follow the cooking instructions on the back of your food packaging, or check the recipe.

## **What dishes/equipment can I use inside the air fryer?**

You can use any ovenproof dish in your air fryer, as well as stainless steel, aluminium or terracotta. Just make sure you use oven gloves when removing it from the drawer.

## **Why isn't my food cooking?**

Check that the drawer is fully inserted, that you've selected a programme and pressed start. If the drawer is fully inserted and it still isn't heating up, then check the Use & Care booklet for more information.

## **Why is my food undercooked/overcooked?**

We recommend you keep a close eye on your food while it's cooking (at least until you know your air fryer), because results will vary depending on the weight, shape and thickness of the ingredients. For best results, shake your ingredients halfway through the cooking time (if the recipe says to), or turn it occasionally, until it's done (when cooking chicken, always check the thickest part is cooked before eating). Then transfer it to a plate, so the residual heat doesn't overcook it.

## **Can I put a hot drawer on my worktop when it's just come out of the air fryer?**

We always recommend placing a hot drawer on a heat-proof mat, as it could mark your worktop. **DO NOT** place a hot drawer on top of the air-fryer unit.

## **Can I cook homemade battered or breaded ingredients in the air fryer?**

Yes, you can safely cook homemade breaded food – just firmly press the breadcrumbs into whatever you're cooking, so crumbs aren't blown off by the fan. However, we don't advise cooking homemade battered ingredients in the air fryer, as the batter could make too much of a mess.

## TROUBLESHOOTING CONTINUED...

### **Why is my air fryer beeping?**

When the air fryer beeps, it means that the cooking time is up. It also beeps when you switch it on or off, as well as when you press Start/Stop.

### **Can I cook liquid in this air fryer?**

You can't cook any liquids directly in the Jamie Oliver by Tefal single-drawer air fryer due to the design. But you can if you use an oven-proof dish.

### **How do I clean the inside of my air fryer?**

Always wait until the air fryer is completely cool to clean the insides. You can handwash the drawer and grid plate, or run them through the dishwasher. When the heating element gets dirty, use a damp cloth and a toothbrush to gently scrub around it.

### **Why does the Extra Crisp icon light up when I'm using the Potato Wedges and Manual programmes?**

The Extra Crisp icon will automatically appear on your screen when you use the Potato Wedges or Manual modes. Then to activate the Extra Crisp feature, press the icon (it will turn orange) – the fan will then run at a higher speed, allowing for even better hot-air circulation, and so giving you even crispier food.

# FRAGRANT CHICKEN IN A BAG



## SERVES 1 + 3 FREEZER PASTE PORTIONS

HANDS ON: 12 MINUTES

COOK: 25 MINUTES

1 nest of vermicelli rice noodles  
(45g)

12 lime leaves

8cm piece of ginger

2 cloves of garlic

1 stick of lemongrass

1½ fresh red chillies

1 bunch of coriander (30g)

4 tbsp low-salt soy sauce

sesame oil

1 x 150g skinless free-range  
chicken breast

1 pak choi

80g sugar snap peas

80g baby corn

2 spring onions

1 tbsp unsalted roasted peanuts  
½ a lime

### PER SERVING

ENERGY	655kcal
FAT	20g
SAT FAT	3.6g
PROTEIN	52.9g
CARBS	64.4g
SUGARS	9.5g
SALT	1.8g
FIBRE	4.1g

- 1 In a bowl, cover the noodles with boiling kettle water and leave to soften for a few moments, then drain and refresh under cold running water.
- 2 Tear the lime leaves into a small food processor, discarding any tough stalks. Peel, roughly chop and add the ginger and garlic, chop and add the lemongrass and 1 chilli, most of the coriander, stalks and all (reserving a few nice leaves), and a pinch of sea salt. Add the soy and 1 teaspoon of sesame oil and blitz into a paste. Divide the paste into four, keeping one portion for now and freezing the rest for future meals.
- 3 Score deeply into the chicken a few times at an angle and rub with half the paste portion. Halve the pak choi, sugar snaps and baby corn, trim and finely slice the spring onions, then toss it all with the remaining half-portion of paste.
- 4 Tear off a large sheet of thick tin foil (about 60cm long), fold in half, then open it out like a book and rub one side with sesame oil. Top with the noodles and veg. Finely slice and scatter over the remaining chilli, then sit the chicken on top. Fold over the foil to create a parcel, twisting the edges to seal, and add 50ml of water before sealing the final side. Place in the air-fryer drawer and cook for 25 minutes at 200°C, or until the chicken is cooked through.
- 5 Remove the bag to a serving plate and carefully tear open the foil. crush over the nuts, scatter over the coriander leaves and finish with a squeeze of lime.

# PEACH ALASKA



## SERVES 4

### HANDS ON: 12 MINUTES, PLUS FREEZING

### COOK: 14 MINUTES, PLUS RESTING

2 large scoops of good vanilla ice cream

1 handful of unsalted hazelnuts

2 large free-range eggs

100g caster sugar

1 hot cross bun

sherry or elderflower cordial, for drizzling

2 tbsp hazelnut chocolate spread

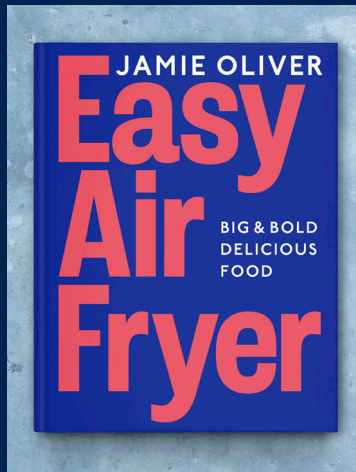
½ x 415g tin of sliced peaches in juice

- 1 Ball up 2 nice round scoops of ice cream and place them back in the freezer until frozen solid. Put the hazelnuts into the air-fryer drawer and cook for 4 minutes at 190°C, or until lightly golden, then remove.
- 2 Separate the eggs, putting the whites into a bowl or the bowl of a free-standing mixer (save the yolks in the fridge for another meal). Add a little pinch of sea salt and whisk until the mixture forms stiff peaks, then, with the mixer still running, gradually add the sugar until glossy and combined.
- 3 Halve the hot cross bun and place on two circles of greaseproof paper. Drizzle a little sherry over the cut sides, then top with the chocolate spread. Drain the peaches, pat dry well on kitchen paper, and arrange half on top of each.
- 4 For the first Alaska, top one of the hot cross bun stacks with a scoop of ice cream, then spoon or pipe on half the meringue mixture, making a few pretty peaks and making sure the ice cream and bun are completely covered.
- 5 Carefully transfer the Alaska to the drawer, on its paper, and cook for 5 minutes at 190°C, or until the meringue is golden all over.
- 6 Remove and let it sit for 1 to 2 minutes, so the meringue can crisp up slightly. Bash or roughly chop the hazelnuts and sprinkle over, then slice and serve straight away, for sharing. Repeat steps 4 to 6 to make your second Alaska.

## PER SERVING

ENERGY	312kcal
FAT	9.8g
SAT FAT	3.1g
PROTEIN	5.5g
CARBS	47.5g
SUGARS	42.5g
SALT	0.2g
FIBRE	1.7g

FOR MORE RECIPE INSPIRATION PLEASE  
CHECK OUT JAMIE'S EASY AIR FRYER  
COOKBOOK!



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