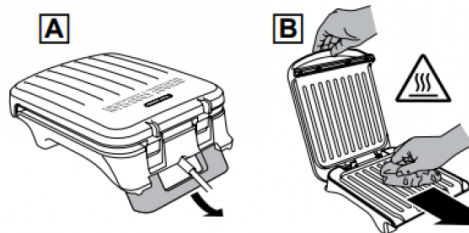
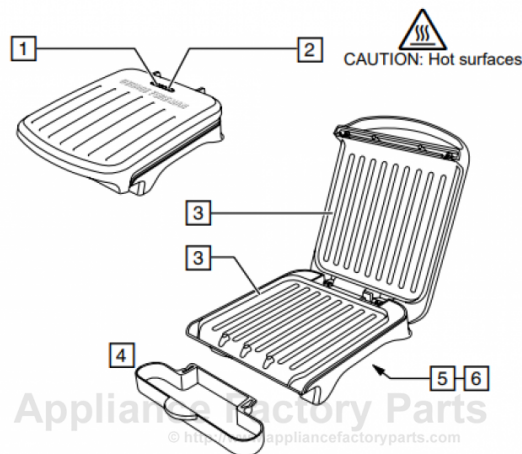


# George Foreman GFF2020 Owner's Manual

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- |                             |                                    |
|-----------------------------|------------------------------------|
| 1. Power light (red)        | 4. Drip tray                       |
| 2. Thermostat light (green) | 5. Foot (underneath)               |
| 3. Grill plates             | 6. Cord storage hooks (underneath) |

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----- Manual continues below -----

# GEORGE FOREMAN®



## FIT GRILL - SMALL GFF2020

Instructions & Warranty

[www.georgeforeman.com.au](http://www.georgeforeman.com.au)

[www.georgeforeman.co.nz](http://www.georgeforeman.co.nz)


GFF2020\_IB\_FA\_170720 Part No. T22-9001973

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## IMPORTANT SAFEGUARDS

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

1. To protect against electrical hazards do not immerse the power cord, plug or grill in water or any other liquid.
2. Do not use in the bathroom or near any source of water. Do not use outdoors. 
3. Always use the appliances handles as some parts will be hot. The temperature of accessible surfaces/parts may become very hot when the appliance is operating and will remain hot for some time after the appliance has been switched off..
4. Do not touch the hot cooking surfaces.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Always turn off and unplug from the power outlet before cleaning the appliance.
7. To disconnect, turn off the wall power outlet, then grasp the plug and remove from wall power socket. Never pull by the cord.
8. Do not operate this appliance with a damaged cord or plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer service for replacement, examination, repair or adjustment.
9. There are no user serviceable parts. If the power cord or appliance is damaged, it must be replaced or repaired by the manufacturer or similarly qualified person in order to avoid a hazard.
10. Do not use on an inclined plane or unstable surface.
11. Do not move the appliance when in use.
12. Do not cover the appliance when in use.
13. Always take care when removing food after cooking as it is hot.
14. Food may burn. Always monitor when using this appliance.
15. Do not use the appliance near or below any curtains or other combustible materials.
16. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with disabilities.
17. Do not cook food wrapped in plastic film or polythene bags. It will cause a fire hazard.
18. Always clean the appliance after use.
19. Follow the instructions when cleaning this appliance.
20. Do not place on or near any heat sources.
21. Do not leave the appliance unattended when in use.
22. Do not use appliance for other than its intended purpose.
23. This appliance is not a toy. Children should be supervised to ensure they do not play with the appliance.
24. This appliance is not intended to be operated by means of an external timer or separate remote control system.
25. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

26. This appliance is intended to be used in household and similar applications such as:

- staff kitchen areas in shops, offices and other working environments;
- by clients in hotels, motels and other residential type environments;
- bed and breakfast environments;
- farm houses.



**HOT SURFACE:**

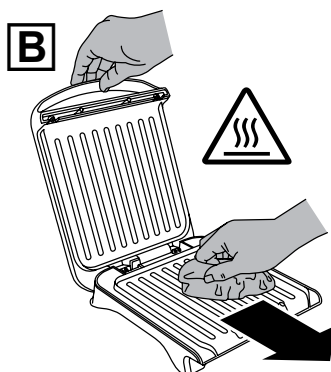
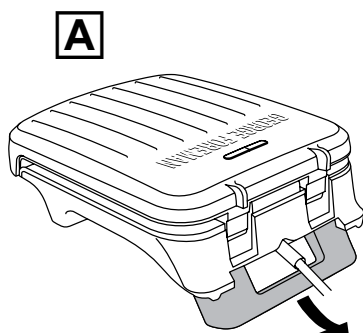
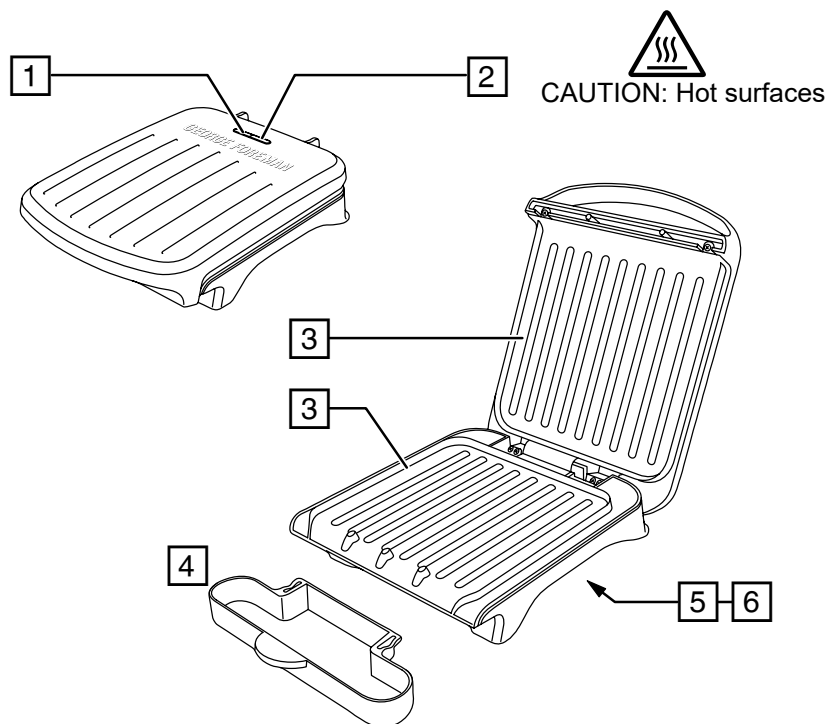
The areas with the hot surface symbol maybe hot during and after appliance use. Use caution when touching these areas, as there is a burn risk. Wear protective gloves for protection when possible

**SAVE THESE INSTRUCTIONS**

**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY**

Congratulations on the purchase of your George Foreman Grill. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the appliance.

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



- 1. Power light (red)
- 2. Thermostat light (green)
- 3. Grill plates

- 4. Drip tray
- 5. Foot (underneath)
- 6. Cord storage hooks (underneath)

## **BEFORE USING FOR THE FIRST TIME**

Wipe the grill plates with a damp cloth.

Your grill may smoke a little the first time you use it. This is normal and will soon disappear.

## **TILTING/LEVELLING THE GRILL**

You can tilt your grill so that fat and juices run into the drip tray when cooking things like burgers, meat, etc. Alternatively, you can use your grill level for cooking things like panini, sandwiches, etc.

To tilt your grill, extend the foot upwards below your grill (Fig. A). Fold the foot flat again to level your grill.

## **USING YOUR GRILL**

- Sit your grill on a stable, level, heat-resistant surface, away from cupboards, curtains, etc.
- Slide the drip tray between the two runners underneath the front of your grill. Slide the tray all the way in. The drip tray will collect any fat or juices that run off the plates during cooking.
- Put the plug into the power socket. The power light will come on.
- The grill plates will now start heating up.
- When the thermostat light comes on your grill is at the correct cooking temperature.
- The light will cycle on and off as the thermostat operates to maintain the temperature.
- Open your grill and carefully lay the food on the bottom grill plate. Use a spatula or tongs.
- Close the grill.
- When you have finished cooking unplug your grill.
- Check that the food is cooked. If you're in any doubt, cook it a bit more.
- Always use an oven glove when opening or closing the grill.
- Use wooden or plastic utensils to prevent damage to the plates.
- The grill hinge is articulated to accommodate thick or oddly shaped foods.
- The grill plates should be roughly parallel to avoid uneven cooking.
- When necessary, use an oven glove and empty the drip tray into a heatproof bowl. Wipe it with kitchen paper then replace it under the front of your grill.

## **CARE AND MAINTENANCE**

### **General Cleaning**

- Wipe the outside surfaces of the appliance with a clean damp cloth.
- Wash the drip tray in warm soapy water or in the top rack of the dishwasher.

### **Grill Plates**

- Don't use harsh or abrasive cleaners, solvents, scourers, wire wool, or soap pads.
- Where the top and bottom plates make contact, the non-stick surfaces may show signs of wear. This is purely cosmetic, and will not affect the operation of the grill.

There are two ways you can clean the grill plates:

### **While The Plates Are Still Hot**

- Wear appropriate protection such as oven gloves or similar, and use extreme care while wiping the hot plates (note that oven gloves are not shown in figure B for clarity).
- Unplug your grill.
- Using a piece of folded kitchen paper or damp cloth, wipe the plates in one continuous motion from the back to the front. Always support the top plate when wiping either the top or the bottom plate (Fig. B) to avoid the unit tipping over.

### **When The Plates Are Cold**

- Unplug your grill and let it cool completely.
- Wipe the plates with a damp cloth or sponge. Use a paper towel with a dab of cooking oil to remove stubborn stains.

## **STORING**

- The unit may be stood vertically (on the hinged side) for storage.

Legislation in some localities mandates that e-waste (anything with a plug, battery or cord) is disposed of through controlled recycling facilities and must not be disposed of in general household waste. For more information about recycling of electrical and battery operated appliances, please contact your local council or your local household waste disposal service.

## COOKING TIMES AND FOOD SAFETY

The following times should be used purely as a guide. You'll need to experiment to find the times and positions which suit your favourite foods and food combinations. They are for fresh or fully defrosted food.

MEAT	NOTES	TIME (MIN)
Steak	For best results, cook steaks when they are at room temperature. Rest for 3-6 mins after cooking.	Medium rare 2
		Medium 3
		Well done 5 +
Chicken breast	Cook until juices run clear.	8-10
Lamb chops		Medium 4-6
		Well done 8
Pork chops	Cook until juices run clear. Approx. 1-2 cm thick.	5-8
Sausages		6-10
Burgers		6-10
Bacon		3-5
<b>FISH</b>		
Salmon		3-5
Prawns		1-2
Flat fish	Flathead, etc.	2-6
Round fish	Cod, etc.	3-8
Tuna / swordfish		5-10
<b>VEGETABLES</b>		
Capsicums		4-6
Eggplant	Sliced	6-8
Asparagus		3-4
Carrots	Sliced	5-7
Zucchini	Sliced	1-3
Tomatoes	Halved	2-3
Onions	Cut into wedges	5-6
Mushrooms	Whole, flat mushrooms	3-6
Corn on the cob		4-6
<b>OTHER</b>		
Haloumi		2-4

- When cooking frozen foods, add 2-3 minutes for seafood and 3-6 minutes for meat and poultry (depending on the thickness and density of the food).
- Check food is cooked through before serving. If in doubt, cook it a bit more.
- Cook poultry, pork, burgers, etc., until the juices run clear. Cook fish, prawns, etc., until the flesh is opaque throughout.

# SAUSAGE AND HERB STUFFED PORK

## INGREDIENTS

Serves 4

*250g/½lb low-fat sausage, uncooked*  
*½ cup fresh breadcrumbs*  
*2 tbsp fresh parsley*  
*½ tsp thyme*  
*½ tsp marjoram*  
*1 tsp fresh ground black pepper*  
*2 whole pork tenderloins (fillets)*  
*8 cocktail sticks, soak in water, pat dry*

1. Remove the sausage skins.
2. Mix the sausagemeat, marjoram, thyme, parsley, and pepper in a bowl.
3. Cut each tenderloin in two, then cut a slit sideways into each piece to make a pocket.
4. Stuff the pockets with the mixture, and fasten the edges with cocktail sticks.
5. Grill till the pork and stuffing are cooked through (6-8 minutes).

---

# GOUJONS OF FISH WITH CARROT STICKS AND SWEET POTATO WEDGES

## INGREDIENTS

Serves 2

*1 large tuna, cod or salmon steak*  
*1 medium carrot*  
*1 small sweet potato*  
*25g wholemeal flour*  
*1 egg white*  
*breadcrumbs (1 slice of wholemeal bread)*  
*1 tsp white pepper*  
*½ tsp medium curry powder (optional)*  
*1 tsp honey*  
*1 tsp olive oil*  
*1 tsp paprika*

1. Put the olive oil in a bowl. Cut the sweet potato into thin wedges then toss them in the olive oil.
2. Put them on a plate. Stir the paprika and honey into the bowl.
3. Cut the carrot into sticks about the same width as the thick ends of the potato wedges, and toss them in the bowl to coat them.
4. Put the wedges and sticks on the grill, and cook for 4 minutes.
5. Mix the flour, curry powder and pepper on a plate. Put the egg white on another plate, and mix with a fork. Put the breadcrumbs on a third plate.
6. Cut the fish into goujons (fingers). Dip them into the seasoned flour, then into the egg white, then the breadcrumbs.
7. When the wedges and sticks have cooked for 4 minutes, add the goujons to the grill, and cook for another 3-4 minutes, or till the breadcrumbs turn golden.

# CHICKEN TANDOORI WITH YOGURT MARINADE

## INGREDIENTS

Serves 4

*2 boneless, skinless chicken breasts*  
*200-250g plain low-fat yogurt*  
*1 tbsp lemon juice*  
*2 tsp paprika*  
*2 garlic cloves, minced*  
*½ tsp ground ginger*  
*½ tsp cumin*  
*½ tsp cayenne pepper*  
*½ tsp cinnamon*

1. Use a lidded casserole dish big enough to hold everything. Mix the yogurt, lemon juice, paprika, garlic, ginger, cumin, cayenne and cinnamon in the dish.
2. Cut each chicken breast into two, add them to the dish, and turn till they're well coated.
3. Cover and refrigerate for 1-8 hours, turning at least every hour.
4. Grill the chicken till it's cooked through (5-7 minutes).
5. Discard the marinade.

---

# HERBED CHICKEN AND MUSHROOM KEBABS

## INGREDIENTS

Serves 4

*2 boneless, skinless chicken breasts*  
*500g fresh whole mushrooms*  
*1 tsp dried rosemary*  
*1 tbsp dried parsley*  
*½ tsp dried thyme*  
*¼ cup lemon juice*  
*2 tbsp white vinegar*  
*½ cup nonfat chicken broth*  
*1 tsp black pepper*  
*8 wooden skewers, soak in water, pat dry*

1. Use a lidded casserole dish big enough to hold the chicken, mushrooms and marinade.
2. Mix the rosemary, parsley, thyme, juice, vinegar, broth, salt and pepper in the dish.
3. Cut the chicken into 25mm/1" cubes, add to the dish, and turn till they're well coated.
4. Add the mushrooms, and turn gently.
5. Cover and refrigerate for 4-12 hours, turning occasionally.
6. Thread the chicken and mushrooms on the skewers, and grill till cooked through (5-7 minutes).
7. Discard the marinade.

## CREAMY CHEESY CHICKEN PARCELS

### INGREDIENTS

Serves 2

*1 lean skinless chicken breast*  
*2 flour tortilla wraps*  
*75-100g reduced fat cream cheese*  
*100g fresh baby spinach leaves*  
*1 tsp mustard powder*  
*1 tsp grated nutmeg*  
*1 tsp pepper*

1. Grill the chicken till it's cooked through (6-8 minutes).
2. Remove it from the grill, let it cool, and cut it into strips.
3. Wash and dry the spinach, wilt the leaves on the grill for 20-30 seconds, remove, and dry with kitchen paper.
4. Mix the cream cheese and spinach in a bowl, then fold in the chicken strips.
5. Spoon the mixture into the centre of the tortilla wraps, fold one end of each wrap over, roll the wraps up, and warm the filled wraps on the grill for 2-3 minutes.

---

## QUICK AND EASY GRILLED BANANAS

### INGREDIENTS

Serves 2

*2 bananas, peeled*  
*2 tbsp walnuts, finely chopped*  
*2 tbsp sugar*  
*½ tsp cinnamon*

1. Mix the walnuts, sugar and cinnamon in a bowl.
2. Split the bananas lengthwise, then across their width.
3. Lay the bananas on the grill, flat sides uppermost, and spoon the mixture on top of them.
4. Grill till the bananas are warm and the cinnamon and walnuts are slightly glazed (3-4 minutes).

# HEALTHY PIZZA PITTA POCKETS

## INGREDIENTS

Serves 2

*2 slices lean ham or turkey (cooked)*  
*50g reduced fat mozzarella*  
*2 wholemeal pitta breads*  
*2 tomatoes, thinly sliced*  
*2 mushrooms, thinly sliced*  
*¼ small onion, thinly sliced*  
*1 tbsp sweetcorn*  
*¼ green capsicum, diced*  
*1 tbsp tomato purée*  
*1 tsp olive oil*  
*1 tsp dried mixed herbs*

1. Slit open each pitta bread to form pockets, and spread the tomato purée inside each pocket.
2. Cut the ham/turkey into strips, turn them in a bowl with the other ingredients, rest for half an hour to rehydrate the herbs, then fill the pitta pockets and grill for 3-5 minutes.

---

# WHOLEGRAIN PANINI WITH FETA, RED ONIONS AND RED CAPSICUM

## INGREDIENTS

Serves 1

*2 thick slices wholegrain or wholewheat bread*  
*50g reduced fat feta cheese*  
*½ red onion, cut into thin strips*  
*½ red capsicum, cut into strips*  
*2 tbsp balsamic vinegar*  
*½ tsp fresh ground black pepper*

1. Mix the onion, red capsicum, balsamic vinegar and black pepper in a bowl.
2. Spoon the mixture on to the grill, cook till softened (1-2 minutes), and lay it on a slice of bread.
3. Tear the feta, sprinkle over the mixture, and top with the other slice of bread.
4. Clean the grill, then grill the panini for 2-3 minutes.
5. Serve with a watercress and tomato salad.

# THE ORIGINAL BURGER

## INGREDIENTS

Serves 4

*500g lean minced beef  
1 tbsp Worcestershire sauce  
1 tsp black pepper  
1 red onion  
4 wholegrain burger buns  
tomato, lettuce, dill pickles,  
etc. to garnish*

1. Combine the mince, Worcestershire sauce and pepper, and shape into 4 burgers.
2. Slice the onion into 12mm thick slices.
3. Grill the burgers for 4 minutes, top each with an onion slice, then grill for 3-4 minutes more.
4. Serve the burgers on the buns with your choice of garnish (tomato, lettuce, dill pickles, etc.).

---

# SANTA FÉ VEGGIE-BURGER

## INGREDIENTS

Serves 4

*1 cup steamed white rice  
½ cup of canned corn  
kernels  
1 green capsicum, seeded  
1 large white onion  
1 tsp fresh ground black  
pepper  
1 tsp lemon juice  
1 tsp chilli powder  
4 wholegrain hamburger  
buns  
non-fat cooking spray*

1. Use a blender or food processor to process the rice, corn, green capsicum, onion, pepper, juice and chilli powder to a coarse, mealy texture.
2. Shape the mixture into 4 burgers and refrigerate for 2 hours.
3. Spray the grill lightly with non-fat cooking spray, grill the burgers till well browned (6-7 minutes), then serve in the buns.

# CHICKEN FILLETS WITH A THAI CURRY SAUCE

## INGREDIENTS

*4 large chicken fillets, trim fat and skin*  
*375g Thai curry sauce*  
*½ cup coconut milk*  
*2 spring onions, finely chopped*  
*½ handful torn coriander leaves*  
*Steamed jasmine rice or noodles*  
*Grated lemon or lime zest*  
*½ handful torn coriander leaves*

Serves 4

1. Flatten the chicken fillets to an even thickness. Preheat the grill.
2. Lightly spray the grill plates with cooking oil.
3. Grill the chicken fillets till cooked (5-7 minutes).
4. Meantime, heat the sauce in a pan, stir in the coconut milk, spring onions and coriander leaves.
5. Stir till cooked (don't let it boil). Put a portion of sauce on a plate, lay a chicken fillet on the sauce, then put a little more sauce on top.
6. Mix the zest with the rice/noodles and torn coriander leaves, and serve with crisp green vegetables.

---

# MEDITERRANEAN BEEF AND VEGETABLE GRILL

## INGREDIENTS

*500g hindquarter flank steak*  
*1 small courgette, cut into 8 pieces*  
*1 small tomato, cut into 8 pieces*  
*1 small onion, cut into 8 pieces*  
*1 green capsicum, cut into 8 pieces*  
*1 tbs balsamic vinegar*  
*1 tsp fresh ground black pepper*  
*1 tsp garlic*  
*8 wooden skewers, soak in water, pat dry*

Serves 4

1. Mix the vinegar, pepper and garlic granules in a bowl.
2. Freeze the steak for 30 minutes, then cut it into thin strips, across the grain. Discard any fat.
3. Thread the steak on 4 skewers, and the tomato and vegetables on the other 4.
4. Grill the steak skewers for 4 minutes, then add the vegetable skewers to the grill.
5. Sprinkle the skewers with the vinegar, pepper and garlic mixture, and grill for 3-4 minutes more.

# CHICKEN FILLETS WITH A THAI CURRY SAUCE

## INGREDIENTS

4 large chicken fillets, trim fat and skin  
375g Thai curry sauce  
½ cup coconut milk  
2 spring onions, finely chopped  
½ handful torn coriander leaves  
steamed jasmine rice or noodles  
grated lemon or lime zest  
½ handful torn coriander leaves  
MARINADE

4 tbsp olive oil  
Juice of 1 lime or lemon  
2 tbsp hot chilli sauce  
¾ tsp ground cumin  
1 clove garlic, crushed

Serves 3-4

1. Trim any fat from the fillets, then cut each fillet in half lengthways.
2. Mix the marinade, add the fillets, turning to coat them, cover, and chill for at least an hour, turning every half hour or so.
3. Preheat the grill, lay the chicken fillets on the grill plate, and grill till cooked (8-10 minutes).
4. Remove the chicken, cover, and rest for 10 minutes.
5. Meantime, wipe the grill plates, warm the tortillas, remove from the heat, and turn the grill off.
6. Pile lettuce, tomato, avocado, and spring onions on each tortilla, sprinkle with salt and pepper, lay a chicken fillet on top, fold the bottom of the tortilla up, over the chicken, then fold in the sides of the tortilla, to form an envelope, and serve.

---

# WARM ASIAN-STYLE NOODLE AND TOFU SALAD

## INGREDIENTS

60g buckwheat or soba noodles  
250g pre-cooked tofu, drain and cube  
1 carrot, peeled and grated into strips  
1 head pak choi, shredded  
½ courgette, cut into long strips  
½ red onion, cut into strips  
Small handful fresh coriander leaves, torn  
MARINADE

1 garlic clove, crushed  
1 red chilli, de-seeded, finely chopped  
2 tbsp reduced sodium soy sauce  
1 tsp sweet chilli dipping sauce  
1 tsp sesame oil  
juice of ½ lime

Serves 2

1. Combine the marinade ingredients in a bowl, add the tofu, and refrigerate overnight.
2. Boil two litres of water in a large pan, add the noodles, bring back to the boil, and boil for 10 minutes.
3. Drain, transfer to a serving dish and keep warm. Grill the marinated tofu till golden brown (2-3 minutes), then remove and set aside.
4. Grill the carrot, courgette, pak choi and onion for 30-60 seconds to wilt them.
5. Lay the wilted vegetables on the noodles, top with the grilled tofu, and garnish with coriander and a squeeze of lime juice.

# FILLET STEAK WITH TOMATO CONCASSE

## INGREDIENTS

Serves 6

*6 fillet steaks*

*1 clove garlic*

### TOMATO CONCASSE

*2 large onions, finely chopped*

*2 tbsp olive oil*

*450g tin of tomatoes, drained and chopped*

*1 bay leaf*

*¼ tsp thyme*

*Grated zest of ½ orange*

*Pinch of saffron (optional)*

*1 large clove garlic, crushed*

*Salt and pepper*

1. Sauté the onions in a pan till they're just translucent.
2. Add the tomatoes, then the other concasse ingredients, and simmer, stirring occasionally, till the concasse is thick and rich.
3. Preheat the grill.
4. Trim the fillets, then flatten gently. Cut the garlic clove in half, and rub the cut side over the surfaces of the fillets.
5. Lay the fillets on the grill, and cook for 2-5 minutes, depending on how rare you want them. Remember – it's fillet steak – it doesn't take a lot of cooking!
6. Put a portion of concasse on a plate, lay a steak on top, then pour a little more concasse over it. Serve with creamy mashed potatoes, boiled baby new potatoes in butter, carrot sticks and a green vegetable.

---

# SMOKED MACKEREL PANINI WITH TOMATOES AND CRÈME FRAICHE

## INGREDIENTS

Serves 1

*2 small cooked smoked mackerel fillets*

*2 thick slices wholegrain/wholewheat*

*4 cherry tomatoes, halved*

*1 large handful watercress*

### DRESSING

*2 tbsp reduced fat crème fraiche*

*½ tsp lemon zest, grated*

*Squeeze lemon juice*

*1 tsp black pepper*

1. Mix the dressing ingredients and refrigerate.
2. Flake the mackerel on a slice of bread, top with tomatoes and watercress, then the other slice, cook for 2-3 minutes, add the dressing, and serve.

## VANILLA FRUIT KEBABS WITH A QUICK CREAMY DIP

### INGREDIENTS

Serves 4

*½ fresh pineapple or a tin of  
pineapple chunks*  
*1 small orange*  
*2 bananas*  
*2 peaches or nectarines*  
*1 tsp brown sugar*  
*4 tbsp orange juice*  
*2 small tubs fruit greek yogurt*  
*1 tsp vanilla extract*  
*8 wooden skewers, soak in  
water, pat dry*

1. Cut the fruit into chunks and marinade for 10 minutes in the orange juice, brown sugar, and half the vanilla extract.
2. Thread the marinated fruit chunks on the skewers, and grill for 4-6 minutes.
3. Mix the greek yogurt with the other half of the vanilla extract as a dip for the kebabs.

---

## GRILLED STRAWBERRY MAPLE SHORTCAKE

### INGREDIENTS

Serves 4

*1 low-fat shortcake, cut into 8 slices*  
*¼ cup maple syrup*  
*2 cups fresh strawberries, sliced*  
*1 cup non-fat whipped cream topping*

1. Lay the shortcake pieces on the grill, brush with maple syrup, and grill for 3-5 minutes.
2. Remove, top with strawberry slices and whipped cream topping.

---

## ASIAN CHICKEN BURGER

### INGREDIENTS

Serves 4

*450g lean minced chicken*  
*1 clove garlic, finely chopped*  
*2 spring onions, finely chopped*  
*1 tbsp lemon juice*  
*2 tbsp soy sauce*  
*½ tsp ground ginger*  
*1 egg white*

1. Combine everything, shape into 4 burgers, and refrigerate for 2 hours.
2. Grill the burgers for 5 minutes, then check for readiness.

## TEX-MEX BURGER

### INGREDIENTS

Serves 4

*450g lean minced beef*  
*125g low fat Cheddar cheese, grated*  
*2 tbsp creamed horseradish sauce*  
*½ tsp garlic powder*  
*½ tsp black pepper*

1. Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

---

## CHEESE AND HORSERADISH BURGER

### INGREDIENTS

Serves 4

*450g lean minced beef*  
*125g low fat Cheddar cheese, grated*  
*2 tbsp creamed horseradish sauce*  
*½ tsp garlic powder*  
*½ tsp black pepper*

1. Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

---

## RANCHERO BURGERS

### INGREDIENTS

Serves 4

*375g lean minced beef*  
*125g tin kidney beans, drain and mash*  
*2 cloves garlic, finely chopped*  
*4 tbsp barbecue sauce*  
*½ tsp black pepper*  
*½ tsp sea salt*

1. Combine everything, shape into 4 burgers, grill for 4 minutes, then check for readiness.

# PINEAPPLE TERIYAKI BURGER

## INGREDIENTS

Serves 4

*450g lean minced chicken*  
*1 egg white*  
*4 tbsp bottled teriyaki sauce*  
*1 strong onion, finely chopped*  
*1 tsp yellow mustard*  
*½ tsp black pepper*  
*4 slices fresh pineapple*

1. Refrigerate the pineapple slices.
2. Combine the other ingredients, and shape into 4 burgers.
3. Grill the burgers for 4 minutes, then check for readiness.
4. Put a slice of pineapple on each burger.

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# GEORGE FOREMAN'S POWERBURGER

## INGREDIENTS

Serves 4

*375g lean minced beef*  
*4 tbsp seasoned breadcrumbs*  
*4 tbsp chopped vegetables – onions, spring onions, courgettes, parsley (these can be sautéed)*

1. Combine the vegetables and breadcrumbs in a bowl.
2. Add the minced beef and mix well. Shape the mixture into 4 10cm wide burgers.
3. Preheat the grill and cook for 5-6 minutes, or till the meat is no longer pink and the juices run clear, turning once.

This recipe is from *The Healthy Gourmet* (Clarkson Potter) by Cherie Calbom.

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Recipes are to be used in conjunction with the Fit Grill - Small by George Foreman.  
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Designed in Australia.







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**Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd  
Warranty Against Defects**

In this warranty:

**Australian Consumer Law** means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

**CGA** means the New Zealand Consumer Guarantees Act 1993;

**Goods** means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

**Manufacturer, We or us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;  
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

**Supplier** means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

**You** means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials for a (**Warranty Period**) period of 1 year from the date of purchase.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

## **Warranty Conditions**

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
6. The warranty granted under clause 3 is limited to repair or replacement only.
7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
8. In order to claim under the warranty granted under clause 3 you must:
  - (a) Retain this warranty with your receipt/proof of purchase; and
  - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
9. This warranty is immediately void if:
  - (a) Any serial number or appliance plate is removed or defaced;
  - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.

Contact us or the Supplier for further details.

## **Register your product online**

If you live in Australia please visit: [www.spectrumbrands.com.au/warranty](http://www.spectrumbrands.com.au/warranty)

If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

**Any questions?** Please contact Customer Service for advice.

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