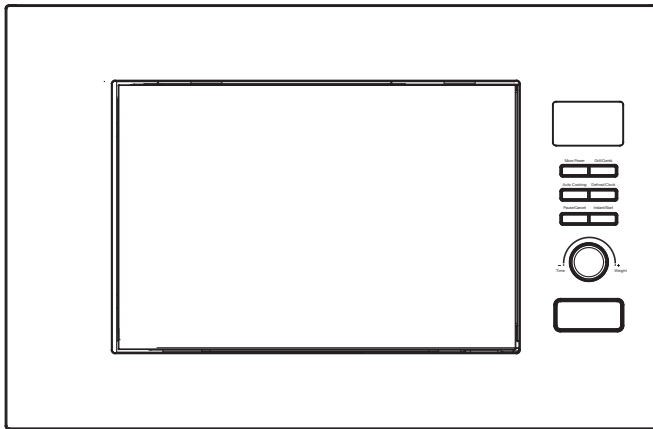




# MICROWAVE OVEN INSTRUCTION MANUAL



HO38FL7NWBXUK

**IMPORTANT SAFETY INSTRUCTIONS  
READ CAREFULLY AND KEEP FOR FUTURE REFERENCE**

**Household use only  
SAVE THESE INSTRUCTIONS**

## IMPORTANT SAFEGUARDS

**WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a trained person.

**WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation, which involves the removal of any cover, which gives protection against exposure to microwave energy. **WARNING:** Liquids or other food must not be heated in sealed containers since they are liable to explode.

1. Only use utensils that are suitable for use in microwave ovens.
2. Metallic containers for food and beverages are not allowed during microwave cooking.
3. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
4. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.
5. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
6. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption, in order to avoid burns.
7. Eggs in their shell and whole hard-boiled eggs shall not be heated in microwave ovens since they may explode, even after microwave heating has ended.
8. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

9. The appliance must not be placed in a cabinet.
10. Care should be taken not to displace the turntable when removing containers from the appliance.
11. The appliance shall not be cleaned with a steam cleaner.
12. The appliance must not be installed equal or higher than 900 mm above the floor. Minimum height of free space necessary above the top surface of the oven: See the installation drawing.

**Warning:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.



**CAUTION: HOT SURFACE**

13. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
14. 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.
15. Children shall not play with the appliance.
16. Cleaning and user maintenance shall not be made by children without supervision.
17. Group 2 Class B appliance  
Group 2 ISM equipment: group 2 contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment.  
Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.
18. The plug must be remained easily accessible after installation

of the appliance.

19. This appliance must not be placed in a cabinet with a door.
20. This product internal light source LED light on < 60lm.
21. During use the appliances becomes hot. Care should be taken to avoid touching heating elements inside the oven.  
**WARNING:** Accessible parts may become hot during use. Young children should be kept away.  
**WARNING:** The appliance and its accessible parts become hot during use.
22. Care should be taken to avoid touching heating elements.
23. Children less than 8 years of age shall be kept away unless continuously supervised.
24. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
25. The appliance must not be installed behind a decorative door in order to avoid overheating. 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 made by children without details indicating the correct installation of the shelves.

## INSTALLATION

- 1) The position of the oven shall be such that it is far from the TV, Radio or antenna as picture disturbance, or noise may occur.
- 2) The appliance must be positioned so that the plug is accessible.
- 3) This is a cabinet microwave oven, which is subject to PRECAUTIONS and INSTALLATION below.

**① RECAUTIONS:**

Given the limited room of the cabinet, the microwave oven must be installed under the following instructions so as to avoid danger.

Do not cover ventilation slots and air intake points.

**② INSTALLATION:**

a) Put the microwave oven into built-in cabinet, and push it forward to the end. (Figure 1)

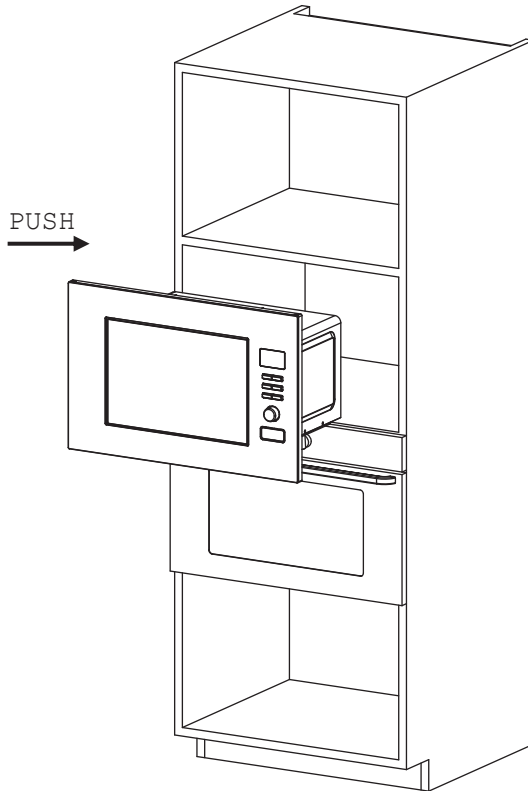


Fig.1

b) Use the screws of parts packing to secure the microwave

oven in the cabinet. (Figure 2)

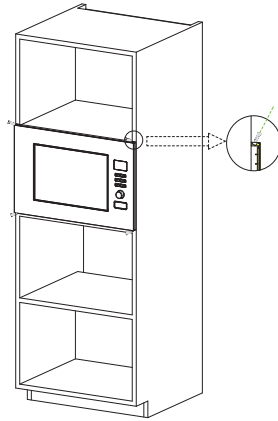


Fig.2

c) Move the product in parallel in the kitchen cabinet according to the direction of the arrow in the figure, and keep it centered. (Figure 3)

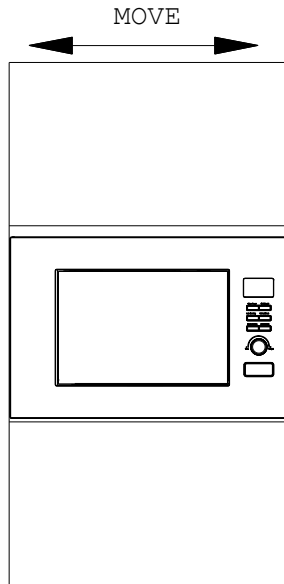


Fig.3

## Cabinet details:

Product size: (W)595x(H)390x(C)314(mm)

Opening size: (W)560+4 x (H)380 x (C)550 (mm) as shown in Fig.4 “E”, “D”, “F”.

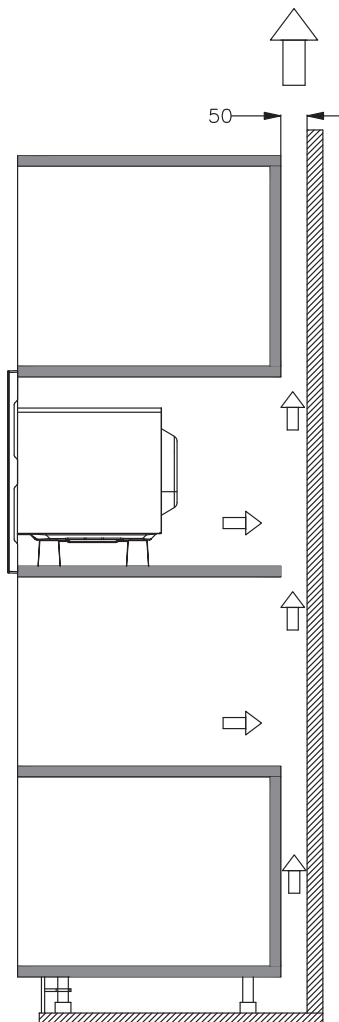


Fig. 4

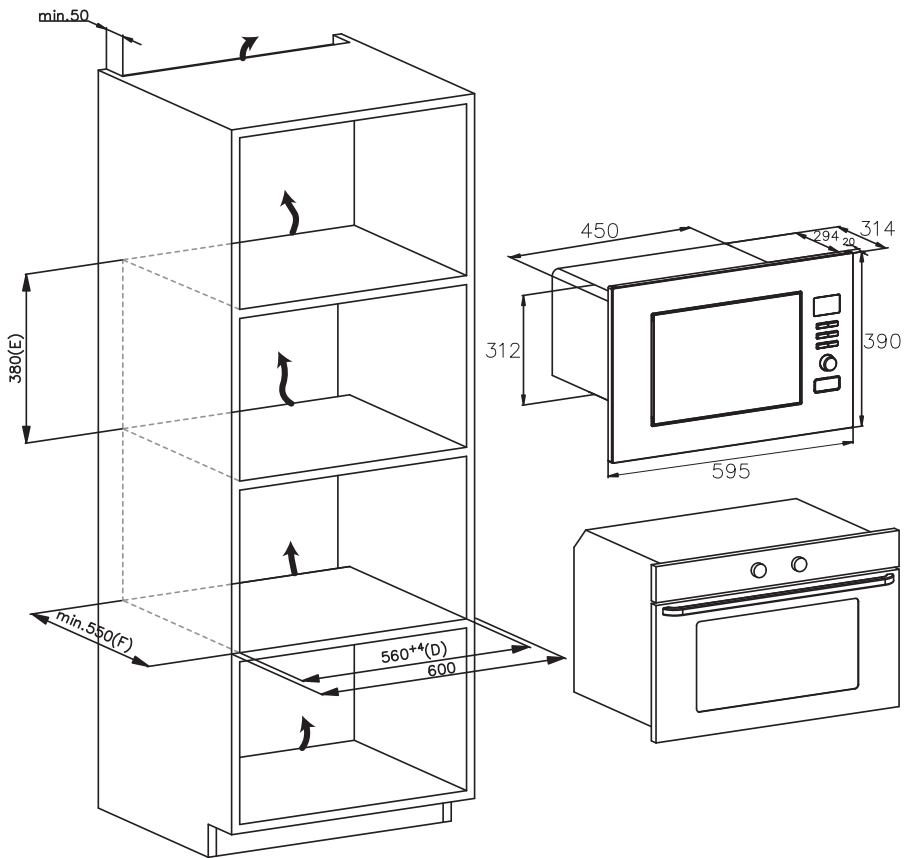


Fig. 4

## CLEANING

### MICROWAVE OVEN CARE

#### CAUTION

The oven should be cleaned regularly and any food deposits removed.

#### WARNING

- a. Remove the power cord from the wall outlet before cleaning. After cooling products. Don't immerse the appliance in water or other fluids when cleaning.
- b. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- c. Never use hard detergent, gasoline, abrasive powder or metal brush to clean any part of the appliance.
- d. Do not remove the waveguide cover.
- e. When the microwave oven has been used for a long time, there may be some strange odors exist in oven, following 3 methods can get rid of them:
  - 1) Place several lemon slices in a cup, then heat with high Micro Power for 2-3 min.
  - 2) Place a cup of red tea in oven, then heat with high micro power.
  - 3) Put some orange peel into oven, and then heat them with high Micro Power for 1 minute.
- f. When the product is not used, it should be placed in dry and ventilated areas as well as possible.

#### WARNING

Details how to clean surfaces in contact with food:

After use wipe the waveguide cover with a damp cloth, followed by dry cloth to remove any food splashes and grease. Built-up grease may overheat and begin to cause smoke or catch fire.

## **TIPS FOR CLEANING**

Details for cleaning door seals, cavity and adjacent parts:

### **Exterior:**

Wipe the enclosure with a dampened soft cloth

### **Door:**

Using a dampened soft cloth, wipe clean the door and window

Wipe the door seals and adjacent parts to remove any spill or spatter

Wipe the control panel with a slightly dampened soft cloth

### **Interior walls:**

Wipe clean the cavity with a dampened soft cloth

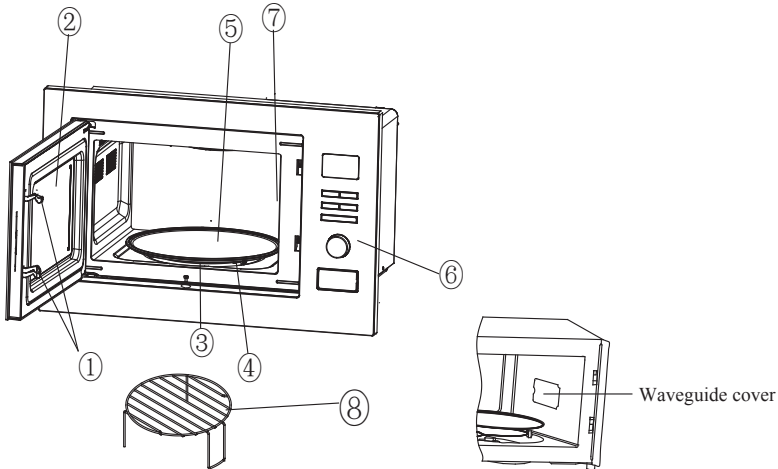
Wipe clean the waveguide cover to remove any food splashed

### **Turntable/ Rotation ring/ Rotation axis:**

Wash with mild soap water

Rinse with clean water and allow drying thoroughly

# PRODUCT INSTRUCTION



## 1) Door lock

Microwave oven door must be properly closed in order for it to operate

## 2) Viewing window

Allow user to see the cooking status

## 3) Rotating axis

The glass turntable sits on the axis; the motor underneath it drives the turntable to rotate

## 4) Rotating ring

The glass turntable sits on its wheels; it supports the turntable and helps it to balance when rotating

## 5) Turntable

The food sits on the turntable, its rotation during operation helps to cook food evenly

## CAUTION

- Place the rotating ring first
- Fit the turntable onto the rotating axis and make sure that it is geared in properly

## 6) Control panel

See below in details (the control panel is subject to change without prior notice)

## 7) Waveguide cover

It is inside the microwave oven, next to the wall of control panel.



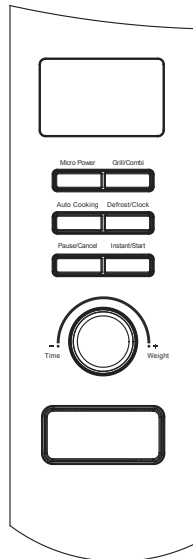
## WARNING

Never remove the waveguide cover

## 8) Grill rack

Use to place the roasting food.

# OPERATION OF CONTROL PANEL



## 1. BEFORE COOKING

The LED flashes 3 times when plugged in power supply. Then it flashes "1:00", prompting you to input the cooking menu and time.

## 2. TIME/WEIGHT KNOB

You can increase or decrease cooking time, weight during operation by turning the knob.

### 3. PAUSE/CANCEL

At the initial or input stage: press once to cancel input programs and resume initial stage.

During cooking: press once to stop oven operation, press twice to cancel cooking programs.

### 4. AUTO REMINDER

When your preset cooking procedure have finished, the LED Display will show End and three beeps sound will be heard to prompt you to take out food. If you do not press **Pause/Cancel** button once or open the door, the beep will be sounded at an interval of 3 minutes.

### 5. INSTANT COOKING

On the standby status, press **Instant/Start** button, the oven will start cooking with high power; system default cooking time is 1 minute. You can increase or decrease cooking time by turning the knob.

### 6. CLOCK SETTING

Clock button make it available for you to input current or preset time when “:” flashes onto LED display after plugged in, or try to skip it over to continue if unnecessary.

<b>Example: to set 12:30</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press and hold <b>Defrost/Clock</b> button for 3 seconds	<b>1:00</b>
3	Turn <b>Time/Weight</b> knob to set exact hours.	<b>12:00</b>
4	Press <b>Defrost/Clock</b> button once again.	<b>12:00</b>
5	Turn <b>Time/Weight</b> knob to set exact minutes.	<b>12:30</b>
6	Press <b>Defrost/Clock</b> button once again or wait for 60 seconds, and the numbers will go steadily.	

## 7. MICROWAVE COOKING

This function is for cooking and heating food. Press **Micro Power** button, LED will cycle to show 100P—80P—60P—40P—20P.

High power	100% microwave power. Applicable for quick and thorough cooking
Medium High power	80% microwave power. Applicable for medium express cooking
Medium power	60% microwave power. Applicable for steaming food
Medium Low power	40% microwave power. Applicable for defrosting food
Low power	20% microwave power. Applicable for keeping warm



### CAUTION

- The max time which can be set is 60minutes
- Never operate the oven empty.
- At the maximum microwave power, the oven will automatically lower the power after a certain time of cooking to lengthen the service life.
- If you turn the food during operation, press the **Instant/Start** button once and the preset cooking procedure will continue.
- If you intend to remove the food before the preset time, you must press **Pause/Cancel** button once to clear the preset procedure to avoid unintended operation of next time use.

<b>Example: To cook at P80 for 10 minutes.</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Select the desired microwave power by pressing <b>Micro Power</b> button consecutively	<b>80P</b>
3	Set cooking time by turning <b>Time/Weight</b> knob	<b>10:00</b>
4	Press <b>Instant/Start</b> button to start and LED will count down to show running time.	

## 8. GRILL OR GRILL COMBINATION

This function use for grill food, press this button, LED display will cycle to show G-C.1-C.2.

G	Grill, the heat element will be energized during operation time. Which is applicable for rolling thin meats or pork, sausage, chicken wing as good brown color can be obtained.
C.1	Combination of grill and microwave cooking. 30% of time microwave output and 70% of time grilling
C.2	Combination of grill and microwave cooking. 55% of time microwave output and 45% of time grilling

### CAUTION

In the mode of grill, all of the oven parts, as well as the rack and cooking containers, may become very hot. Use caution when removing any item from the oven. Use heavy potholders or oven mitts to PREVENT BURNS.

<b>Example: To grill food with C.2 cook menu for 10 minutes</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	:
2	Press <b>Grill.Combi</b> button to select desired grill menu	<b>C.2</b>
3	Set cooking time by turning <b>Auto Cooking/Time. Weight</b> knob	<b>10:00</b>
4	Press <b>Instant. Start</b> button to start cooking	

## 9. DEFROST

This function use for defrost food. Press the Defrost/Clock button and the LED display will cycle to show d.1-d.2-d.3.

d.1	For defrosting meat, the weight range from 0.1 to 2.0 kg.
d.2	For defrosting poultry, the weight range from 0.2 to 3.0kg.
d.3	For defrosting seafood, the weight range from 0.1 to 0.9kg.

## CAUTION

- a. It is necessary to turn over the food during operation to obtain uniform effect.
- b. Usually defrosting will need longer time than that of cooking the food.
- c. If the food can be cut by knife, the defrosting process can be considered completed.
- d. Microwave penetrates around 4cm into most food
- e. Defrosted food should be consumed as soon as possible, it is not advised to put back to fridge and freeze again.

<b>Example: To defrost 0.4kg poultry</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press <b>Defrost/Clock</b> button once to set the food kind.	<b>d.2</b>
3	Turn <b>Time/ Weight</b> knob to set the defrost weight	<b>0.4</b>
4	Start cooking by pressing <b>Instant/Start</b>	
5	During defrosting, beep sounds will be heard two times to prompt you turn over the food. Open the door and turn over the food. Then close the door. Press <b>Instant/Start</b> button again to continue defrosting	

## 10. AUTO COOKING

The oven has default cooking menu for simple operation. When the LED flashes colon, turn the Auto Cooking knob and LED will cycle to show A.1,A.2 ..... A.8

Choose the appropriate menu according to the food type and weight and strictly observe the directions in below table, otherwise the cooking effect will be largely influenced.

<b>Display</b>	<b>Kind</b>	<b>Method</b>
<b>A.1</b>	<b>Popcorn</b>	Suitable for popping a bag of corn, which is available in the market, weighted 0.1kg.
<b>A.2</b>	<b>Reheat</b>	Reheat food weighted 0.2-1.0kg.
<b>A.3</b>	<b>Beverage</b>	Heating 1-3 cup of liquid. The liquid temperature is about 5-10°C. Use a big mouth cup and do not seal
<b>A.4</b>	<b>Pizza</b>	Warm 1-2 pieces of chilled pizza.
<b>A.5</b>	<b>Potato</b>	Cooking the potato strips, cut into 5mm width and height, length. Total weight is about 0.45 or 0.65kg. Place the strips on a large dish and cover the dish with a thin film to prevent water loss.
<b>A.6</b>	<b>Vegetable</b>	All together there are five choices (0.1, 0.2-----0.5Kg)
<b>A.7</b>	<b>Meat</b>	All together there are five choices (0.1, 0.2-----0.5Kg)
<b>A.8</b>	<b>Fish</b>	All together there are five choices (0.1, 0.2-----0.5Kg)

## CAUTION

- a. The temperature of food before cooking would be 20-25°C. Higher or lower temperature of the food before cooking would require increase or decrease of cooking time.
- b. The temperature, weight and shape of food will largely influence the cooking effect. If any deviation has been found to the factor noted on above menu, you can adjust the cooking time for best result.

<b>Example: Steam 0. 5kg fish</b>		
	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
2	Press <b>Auto Cooking</b> button to set the cooking menu	<b>A.8</b>
3	Turn <b>Time/Weight</b> knob to set the set weight	<b>0.5</b>
4	Start cooking by pressing <b>Instant/Start</b> button, and LED will count down to show running time.	

## **11. AUTOMATIC STARTING (DELAYED FUNCTION)**

If you do not want the menu be started immediately, you can preset the cooking menu and time and the preset menu will be automatically started at your set time. The setting will consist of 2 steps:

- Setting the current clock;
- Setting the cooking menu and time.

**Example: Now it is 12:30 clock, if you hope that the microwave oven will automatically start cooking with 100P microwave power for 9 minutes and 30 seconds at 14:20**

	<b>Steps</b>	<b>Display</b>
1	After power-up, the colon flashes	<b>1:00</b>
1.1	Press and hold <b>Defrost/Clock</b> button for 3 seconds	<b>1:00</b>
1.2	Set hours by turning <b>Time/Weight</b> knob	<b>12:00</b>
1.3	Press <b>Defrost/Clock</b> button again to confirm hours	<b>12:00</b>
1.4	Set minutes by turning <b>Time/ Weight</b> knob	<b>12:30</b>
1.5	Press <b>Defrost/Clock</b> button once to start (or automatic to exist after 10 seconds)	<b>12:30</b>
2	Set the cooking menu and time	
2.1	Select cooking power by pressing <b>MicroPower</b> button	<b>100P</b>
2.2	Turn <b>Time/ Weight</b> knob to set cooking time	<b>9:30</b>
2.3	Press and hold <b>Defrost/Clock</b> button for 3 seconds to return to current clock.	
3	Set the time you expect to start. Repeat the steps of 1.2, 1.3, 1.4	
4	Press <b>Defrost/Clock</b> button to confirm the delayed menu. Now the program has been activated. And the menu will be started at 14:20.	
5	You may check the preset starting time by pressing <b>Defrost/Clock</b> button.	

## 12. MULTI-SEQUENCE COOKING

To obtain best cooking result, some recipes call for different cook mode and time. You may program your personalized menu as follow:

<b>Example: You want cook food with 100P microwave for 3 minutes then 20P for 9 minutes. This is 2 sequence setting.</b>		
	<b>Steps</b>	<b>Display</b>
1	100P microwave for 3min	
1.1	Press <b>Micro Power</b> button to select power level.	<b>100P</b>
1.2	Turn <b>Time/ Weight</b> knob to set cooking time.	<b>3:00</b>
2	20P for 9min	
2.1	Press <b>Micro Power</b> button to select desired menu	<b>20P</b>
2.2	Turn <b>Time/ Weight</b> knob to set cooking time.	<b>9:00</b>
3	Start cooking by pressing <b>Instant/Start</b>	

### **CAUTION**

- a. When 100 microwave power cooking is finished, microwave oven will begin next operation automatically.
- b. Max 4 sequences can be set per time, repeat the steps

## 13. CHILD LOCK FUNCTION

Use this feature to lock the control panel when you are cleaning or so that children can not use the oven unsupervised. All the buttons are rendered inoperable in this mode.

- 1) Set lock: Hold **Pause/Cancel** button about 3 seconds.
- 2) Cancel lock: Hold **Pause/Cancel** button about 3 seconds.

## UTENSILS GUIDELINE

It is strongly recommended to use the containers which are suitable and safe for microwave cooking. Generally speaking, the containers which are made of heat-resistant ceramic, glass or plastic are suitable for microwave cooking.

Never use the metal containers for microwave cooking and combination cooking as spark is likely to occur. You can take the reference of below table.

Material of container	Microwave	grill	Combi	Notes
Heat-resistant ceramic	Yes	Yes	Yes	Never use the ceramics which are decorated with metal rim or glazed
Heat-resistant plastic	Yes	No	No	Can not be used for long time microwave cooking
Heat-resistant glass	Yes	Yes	Yes	
Plastic film	Yes	No	No	It should not be used when cooking meat or chops as the over-temperature may do damage to the film
Grill rack	No	Yes	Yes	
Metal container	No	No	No	It should not be used in microwave oven. Microwave can not penetrate through metal.
lacquer	No	No	No	Poor heat-resistant. Can not be used for High-temperature cooking
Bamboo wood and paper	No	No	No	Poor heat-resistant. Can not be used for High-temperature cooking

## COOKING TIPS

The following factors may affect the cooking result:

### **Food arrangement**

Place thicker areas towards outside of dish, the thinner part towards the centre and spread it evenly. Do not overlap if possible.

### **Cooking time length**

Start cooking with a short time setting, evaluate it after it times out and extend it according to the actual need. Over cooking may result in smoke and burns.

### **Cooking food evenly**

Food such as chicken, hamburger or steak should be turned once during cooking.

Depending on the type of food, if applicable, stir it from outside to centre of dish once or twice during cooking

### **Allow standing time**

After cooking times out, leave the food in the oven for an adequate length of time, this allows it to complete its cooking cycle and cooling it down in a gradual manner

### **Whether the food is done**

Color and hardness of food help to determine if it is done, these include:

- Steam coming out from all parts of food, not just the edge
- Joints of poultry can be moved easily
- Pork or poultry shows no signs of blood
- Fish is opaque and can be sliced easily with a fork

### **Browning dish**

When using a browning dish or self-heating container, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and rotating ring.

### **Microwave safe plastic wrap**

When cooking food with high fat content, do not allow the plastic wrap come into contact with food as it may melt

### **Microwave safe plastic cookware**

Some microwave safe plastic cookware might not be suitable for cooking foods with high fat and sugar content. Also, the preheating time specified in the dish instruction manual must not be exceeded.

## **MAINTENANCE**

### **SERVICING**

Please check the following before calling for services.

1. Place one cup of water (approx.150ml) in a glass measure in the oven and close the door securely. Oven lamp should go off if the door is closed properly. Let the oven work for 1 min.
2. Does the oven lamp light?
3. Does the cooling fan work?  
(Put your hand over the rear ventilation openings.)
4. Does the turntable rotate?  
(The turntable can rotate clockwise or counter clockwise. This is quite normal.)
5. Is the water inside the oven hot?

If “NO” is the answer to any of the above questions, please check your wall socket and the fuse in your meter box.

If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTER APPROVED.

### **SERVICING SAFEGUARDS**

#### **Caution: MICROWAVE RADIATION**

1. The high voltage capacitor remains charge after disconnection; short the negative terminal of H. V capacitor to the oven chassis (use a screwdriver) to discharge before touching.
2. During servicing below listed parts are liable to be removed and give access to potentials above 250V to earth.
  - Magnetron
  - High voltage transformer
  - High voltage capacitor
  - High voltage diode
  - High voltage fuse



3. The following conditions may cause undue microwave exposure during servicing.

Improper fitting of magnetron;

Improper matching of door interlock, door hinge and door;

Improper fitting of switch support;

Door, door seal or enclosure has been damaged.

<b>Correct Disposal of this product</b>	
 	<p>This appliance is labelled in accordance with European Directive 2012/19/EU on Waste Electrical and Electronic Equipment Regulations 2013 regarding electric and electronic appliances (WEEE). The WEEE contain both polluting substances (that can have a negative effect on the environment) and base elements (that can be reused). It is important that the WEEE undergo specific treatments to correctly remove and dispose of the pollutants and recover all the materials. Individuals can play an important role in ensuring that the WEEE do not become an environmental problem; it is essential to follow a few basic rules:</p> <ul style="list-style-type: none"> <li>- the WEEE should not be treated as domestic waste;</li> <li>- the WEEE should be taken to dedicated collection areas managed by the town council or a registered company.</li> </ul> <p>In many countries, domestic collections may be available for large WEEEs. When you buy a new appliance, the old one can be returned to the vendor who must accept it free of charge as a one-off, as long as the appliance is of an equivalent type and has the same functions as the purchased appliance.</p>

Low power consumption data according to Commission Regulation (EU) 2023/826.

<b>Condition</b>	<b>Power consumption</b>	<b>Period after which the equipment reaches automatically the condition</b>
Standby mode with information or status display	0.8W	20 Min