

#### LIMITED WARRANTY

This item is warranted to be free from defects in materials or workmanship for a period of six months from the original date of purchase under normal conditions of household use. Within the warranty period, we will repair/replace the product or refund your money, at our option, at the place of purchase upon presentation of sales receipt or other proof of purchase. This warranty extends only to the original retail purchaser, and excludes any damage to the product resulting from accident or misuse. The product is not warranted when used in a commercial or business environment.

The above warranty is complete and exclusive. The warrantor expressly disclaims liability for any special, incidental, indirect, or consequential damages in connection with the purchase or use of this product or costs over the original purchase price.

Any implied warranties arising by operation of law shall be limited in duration to the term of this warranty.

This warranty gives you specific legal rights and you may have other rights, which vary by jurisdiction. This warranty is valid only within the United States of America (U.S.A.).

Model # HL-2070  
Item # HR-5004

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Made in China



[www.NUWAVEOVEN.com](http://www.NUWAVEOVEN.com)

#### Operating Instructions

BEFORE USING THIS PRODUCT, READ, UNDERSTAND,  
AND FOLLOW THESE INSTRUCTIONS.  
Save these instructions for future reference.



**-FOR HOUSEHOLD USE ONLY-**

# IMPORTANT SAFEGUARDS

## Signal Word Definitions

**DANGER** Indicates an imminently hazardous situation, which, if not avoided, WILL result in death or serious injury. Usage of this signal word is limited to the most extreme situations.

**WARNING** Indicates a potentially hazardous situation, which, if not avoided, COULD result in death or serious injury.

**CAUTION** Indicates a potentially hazardous situation, which, if not avoided, may result in minor/moderate injury or product/property damage. It also alerts against unsafe practices.

Always follow basic safety precautions when using electrical products, especially when children are present.

**WARNING:** To avoid the risk of electrical shock, always make sure the product is unplugged from the electrical outlet before assembling, disassembling, relocating, servicing, or cleaning it.



## READ ALL INSTRUCTIONS BEFORE USING.

**⚠ WARNING-** To reduce the risk of fire, electrical shock, or serious personal injury:

- This product is intended for use in processing foods for human consumption. Do not use the product for any other purpose.
- Never leave the product unattended while in use. Always unplug the product from the electrical outlet when not in use.
- Keep the Power Cord and product away from heated surfaces.
- Do not place Power Base in or expose it to water or other liquids.
- Do not use attachments not recommended or sold by the product manufacturer.
- Handle the Blades with care as they are extremely sharp. Use caution when attaching or detaching the Blades.
- Never keep the Blades running for more than one minute.

¼ cup mayonnaise  
¼ cup salsa  
2 tablespoons slice green onion  
1 tablespoons sour cream  
salt to taste

No water required! You can make hard boiled eggs in the Nu-Wave Oven, simply place on the 1" rack, cook on power level 9 for 10 minutes and let cool.

Slice eggs in half lengthwise, remove yolks and set whites aside. Place egg yolks and all remaining ingredients into tall cup with flat blades and lightly push 4-5 times. Evenly fill the egg whites. Lightly sprinkle with paprika if desired. Chill until ready to serve.

### Cafe Chocolate Strawberry Frappe:

1/2 cup strong french roast coffee  
1 scoop strawberry ice cream  
1/8 cup chocolate syrup  
2 tablespoons Sugar  
½ cup ice cubes  
2 ripe strawberries (optional)  
whipped cream (optional)

Place in tall cup with cross blades just enough to blend. Add the coffee and ice cubes and blend at high speed until ice is crushed fine and ingredients are thoroughly mixed. Pour into glasses.

Optional garnish: Top with dollop of whipped cream and a fresh strawberry slice. Enjoy the perfect cup of coffee fresh roasted in the i-Roast2 home coffee roaster.

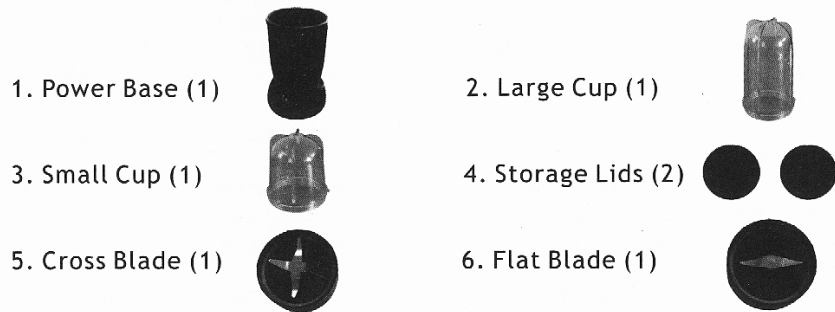
To learn more, go to [www.i-roast.com](http://www.i-roast.com).

### Protein Fruit Smoothie:

handful of fresh or frozen strawberries  
1 banana  
ice cubes  
½ cup of apple juice  
2 or more scoops vanilla protein powder

Add all ingredients to the tall cup with cross blades and blend until smooth  
For More Delicious Recipes, go to  
[www.NUWAVEOVEN.net](http://www.NUWAVEOVEN.net) or [www.i-roast.com](http://www.i-roast.com)

## Parts



## To Assemble

**WARNING:** Ensure the product is unplugged from the electrical outlet before assembling it. Handle the Blades with care as they are extremely sharp. Use caution when attaching, detaching, cleaning, or storing the Blades.

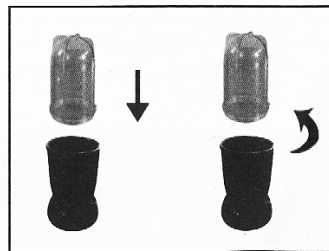
**NOTE:** Before using the product for the first time, disassemble and thoroughly wash and dry all parts except the Power Base (Large Cup, Small Cup, and Storage Lids, and both sets of Blades).

## Chopper / Blender:

1. Ensure the product is unplugged from the electrical outlet.
2. Place the Power Base on a flat, level, stable surface.
3. Fill the Small Cup or the Large Cup with the food that you wish to chop/blend.
4. Screw the Flat Blades or Cross Blades clockwise onto the Small or Large Cup until secure.

**NOTE:** Ensure that the rubber gasket, located on the inside bottom edge of the blade assembly, is in place.

5. Turn the chopper assembly so that the Blades are on the bottom. Attach the assembled Chopper by aligning the three tabs on the outside of the Small or Large Cup with the three notches on the top inner edge of the Power Base.



6. Plug the product into a standard 120 volt AC electrical outlet.
7. Press down and turn counter clockwise to begin processing food. To prevent product from overheating, limit continuous operation to five seconds at a time.
8. To stop processing, press down and turn clockwise. Wait until the Blades stop completely before removing the Cup from the Power Base or before removing any food contents.
9. Unplug the product from the electrical outlet when it is not in use or is left unattended.

**WARNING:** When blending hot liquids, cover with a cloth or towel before unscrewing Blade assembly. Slowly unscrew the Blade assembly to release any pressure that may have built up during blending. This will help to prevent a burn/scald hazard.

**CAUTION:** For liquid ingredients, do not fill the containers to their maximum capacity. Overfilling the Cups could result in spillage, causing burns and/or property/product damage. A maximum of  $\frac{3}{4}$  of the capacity is recommended.

**NOTE:** This product comes with two Storage Lids to cover the Cups and store any leftovers.

## Tips:

- To make bread crumbs, break the bread into pieces before placing it into one of the Cups.
- To use cracker or cookie crumbs as recipe ingredients or in pie crusts, break them into pieces before placing them into the appropriate Cup.
- Cut vegetables into 1" (approx. 2½ cm) chunks before processing them in one of the Cups. This will allow more consistent chopping of the vegetables.

## Care and Maintenance

**WARNING:** To avoid the risk of electrical shock, always ensure the product is unplugged from the electrical outlet before assembling, disassembling, relocating, servicing, or cleaning it.

**WARNING:** Handle the Blades with care as they are extremely sharp. Use caution when attaching, detaching, cleaning, or storing the Blades:

- Always clean the product immediately after each use.
- Wash all parts except the Power Base in warm, soapy water; rinse, and dry thoroughly.
- Clean the Power Base by wiping it with a damp cloth. To avoid damage to the product, do not immerse the Power Base into water or other liquids or place it in a dishwasher.
- To avoid damage to the product, do not use abrasive cleaners or scouring pads to clean the product parts.
- Reassemble the product before placing it into storage (reference the "To Assemble" section).

- Store the product in a cool, dry place.

### Electrical Specifications

Voltage	Frequency	Wattage	Amperage
120 Volts AC	60 Hz	300 Watts	2.5 Amps

## Recipes:

### Salmon Pesto:

- 1/2 garlic clove,
- 1 cup fresh basil,
- 1 tablespoon pine nuts,
- 1/3 cup virgin olive oil,
- 1/8 cup Parmesan cheese.
- 4 salmon fillets

Place first 3 ingredients into tall cup with cross blades and blend for about 10 - 15 seconds. Slowly pour olive oil a little at a time and blend 2-3 times until it is completely blended. Add parmesan cheese and continue pulsating until the pesto has a pasty texture. Place this mixture over salmon, place on the 4" rack in the Nu-Wave Oven and cook on power level HI for 5 minutes for fresh or 8 minutes for frozen.

### Tropical Fruit Salsa:

- 1/2 mango cut into cubes
- 1/4 cup pineapple cut into cubes
- 1/8 cup coconut cut into cubes or shredded
- 1/4 teaspoon cracked red pepper
- 1/2 tablespoon honey
- 1/2 squeezed fresh lemon

Place all ingredients into tall cup with cross blades, blend for 5 seconds or until chunky.

Spice up any dish with this festive tropical salsa. Once you spread this salsa over any chicken, fish or pork dishes, simply place on the 4" rack in the Nu-Wave Oven and cook according to cooking chart.

### Fiesta Deviled Eggs:

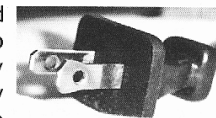
- 8 hard boiled eggs
- 1/2 cup shredded cheddar cheese

- To avoid serious injury and product damage, do not touch moving parts (e.g., the Blades) while the product is in use. Keep hands and utensils away from the moving Blades while operating the product.
- Before disassembling the product, unplug it from the electrical outlet and ensure the Metal Shaft and Blades have completely stopped.
- Do not plug or unplug the product into/from the electrical outlet with a wet hand.
- To disconnect from an electrical outlet, pull directly on the Plug; do not pull on the Power Cord.
- Unplug the product from the electrical outlet prior to putting on or removing parts.
- Never operate this product if it has a damaged Power Cord or Plug; is not working properly; has been dropped or damaged; or if the Power Base has been exposed to water or other liquids.
- Do not attempt to examine or repair this product yourself. Only qualified service personnel should perform servicing. Take the product to a service center for inspection and repair.

### CAUTION-- To reduce the risk of personal injury or product/property damage:

- Do not allow the Power Cord to hang (e.g., over the edge of a table or counter) where it may be tripped over or pulled.
- Do not pull, twist, or mistreat the power cord.
- Always completely assemble the blade and cup before placing on the Power Base.
- Always place the product on a flat, level, stable surface.
- Never microwave with blade still attached.
- Do not use the Storage Lids in the Microwave.
- Keep the product out of the reach of children and pets. This product is not intended for use by children.
- This product is intended for indoor, non-commercial, non-industrial, household use only. Do not use outdoors.

**WARNING:** This product is equipped with a polarized plug (one blade is wider than the other blade) to reduce the risk of electrical shock. This is a safety feature. The plug will fit into a polarized outlet only one way. If you are unable to insert the plug into the electrical outlet, try reversing the plug. If the plug still does not fit, contact a qualified electrician. Never use the plug with an extension cord unless you can fully insert the plug into the extension cord. Do not alter the plug. Do not attempt to defeat the safety purpose of the polarized plug.



**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE**