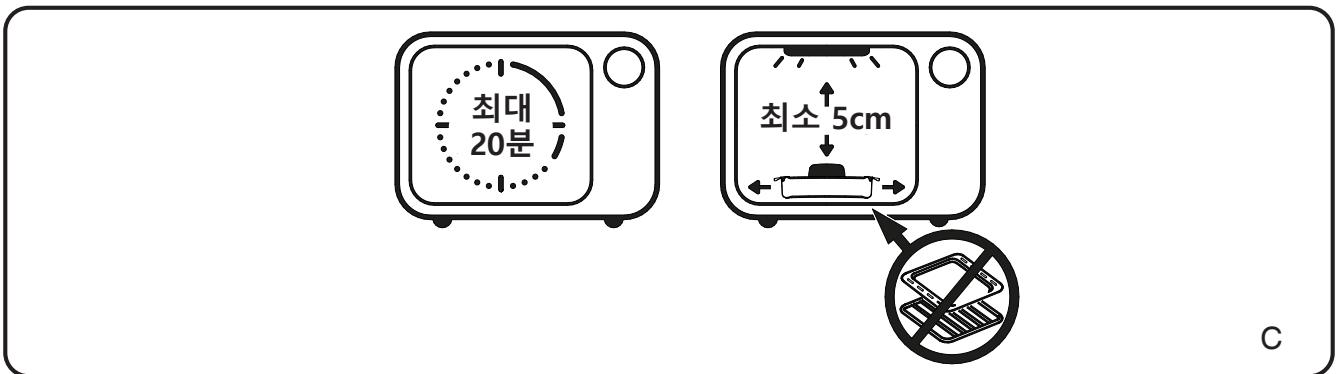
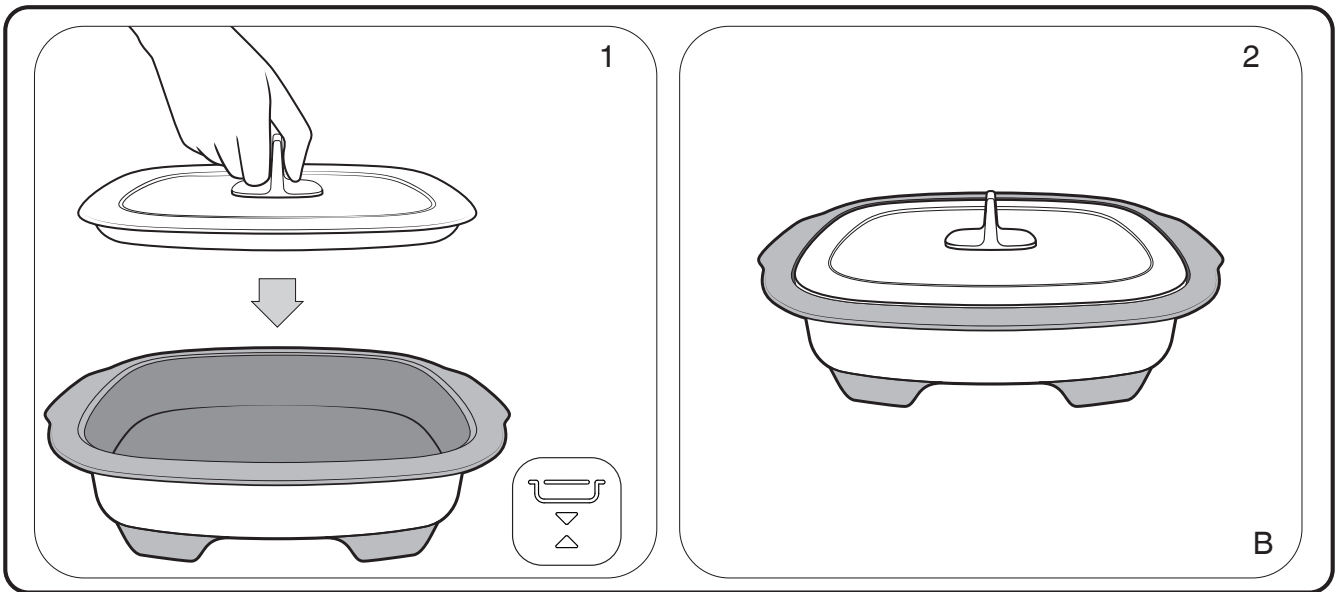
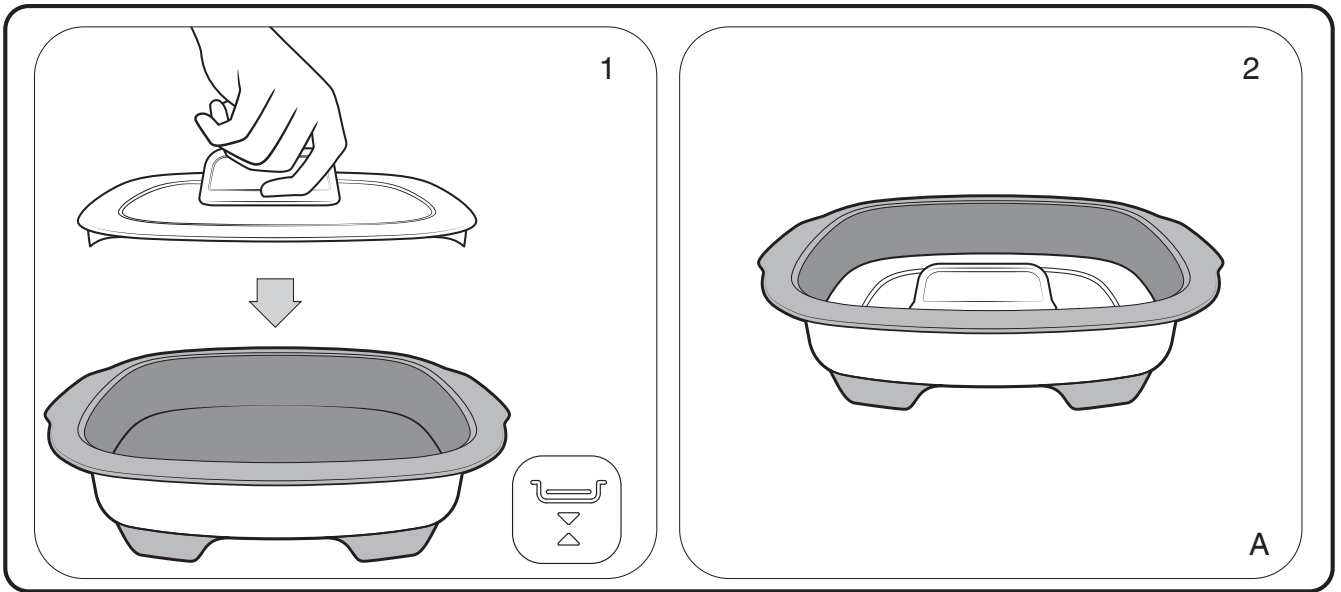


MicroPro Series Grill



Tupperware



MicroPro Series Grill

Congratulations on your selection of the revolutionary Tupperware MicroPro Series Grill! This unique product allows you to quickly grill meat, fish, vegetables, and sandwiches as well as prepare casseroles and au gratin dishes using your microwave. It's your secret weapon to create a quick, healthy dinner for yourself and your family. We wish you a nice culinary experience and many enjoyable meals.

Max. 1000 W **Min. 0°C**
Max. 20 Min. **Max. 220°C**



Tupperware®

Preserving your future

Use a low temperature program on your dishwasher to save energy and help preserve the environment.

Features and Benefits:

The innovative MicroPro Series Grill is Tupperware's response to a growing demand for easy and fast cooking solutions. The MicroPro Series Grill is a revolutionary product composed of a base and a cover with an innovative combination of materials.

The ingeniously designed MicroPro Series Grill uses efficient microwave cooking to quickly heat up and ensure crispy and golden brown results in foods, comparable to results from a convection oven or a traditional grilling pan. These impressive results are possible because the Tupperware MicroPro Series Grill transforms microwaves into thermal energy (heat) and at the same time repels microwaves from the food. All of this while reducing total cooking time.

- Non-stick surfaces allow for convenient and healthy cooking, effortless serving and easy clean up.
- Provides heating on both sides of the food at the same time. Perfect for grilling fish or meat fillets, making golden brown crispy toasties, quesadillas and similar foods.
- Sturdy handles in the base and cover provide firm, secure grip for ergonomic handling and transportation.
- Usable capacity of 1.5L.
- Cover can be stored inside the base for compact storage.
- The unique smart material controls the temperature of the MicroPro Series Grill making sure it does not exceed 220°C.

Cooking guidelines:

- Before the first use, hand-wash your MicroPro Series Grill in hot, soapy water; then rinse and dry.
- For quick and even cooking, cut the foods into pieces of equal size and shape.
- Prick all foods that have a skin, like tomatoes, sausages, etc.
- Place the ingredients in the MicroPro Series Grill Base making sure you have a uniform layer of food. This will ensure even cooking.
- The MicroPro Series Grill cover can be used in 2 different positions:
 - Complete Grilling (Fig. A): This position makes sure that both sides of the food are in direct contact with the heated product providing double-sided grilling. It is perfect for foods such as meat or fish fillets, toasties, grilled vegetables, etc. Place the cover in this position by aligning the Complete Grilling pictogram (☞) with the arrow on the rim of the base. The cover will fit in the base and be in direct contact with the food (Fig. A2). Make sure that the foods are centered on the base; the integrated gutter collects the excess of fat or juices. Since the cover is in direct contact with the food, make sure that the pieces have a uniform height. This will ensure even cooking. Foods can be marinated or slightly brushed with oil before grilling.
 - Gratin or Crispy Top Cooking (Fig. B): This position allows for space between the cover and the food achieving au gratin results in the cooked foods. It is perfect for preparations such as casseroles, quesadillas, potato gratin, crumbles, all sorts of cheesy dishes, and more. Place the cover in this position by aligning the Gratin / Crispy Top Cooking pictogram (☞) with the arrow on the rim of the base. Make sure the cover rests firmly on the rim of the base and not on the food (Fig. B2); this will prevent overflows and splatters.

Place the MicroPro Series Grill in the microwave oven respecting these guidelines (Fig. C):

- Do not cook for more than 20 minutes at a time.
If necessary, remove the product from the microwave, flip or stir the food and return it to the microwave within this 20 minutes cooking time. Cooking for more than 20 minutes at a time may cause damage to your product or to your microwave oven.
- Always place the product at least 5cm/2" away from the inside walls (including the door) of your microwave oven. If you have a microwave oven with a tray or a shelf, remove those from the oven and place the product directly on the bottom of your

microwave oven. If you have a microwave oven with a turning plate, always center the product on the turning plate and make sure the plate is turning.

- The recommended power is max 1000 watts.
- Product and contents will be hot after cooking. Always use oven gloves and hold the product by the side handles. Remove the cover by lifting it from the integrated handle. Always do it away from you so the heat and steam don't burn you.
- Do not use the product in the microwave without food.

For your satisfaction and safety, follow these precautions:

- Read all these instructions prior to first use.
- Do not let children near the MicroPro Series Grill when in use.
- Do not use in a conventional oven or on the stovetop.
- Do not use any preprogrammed settings, automatic functions or heat sensor programs on the microwave as these features were not designed for this product.
- Do not overfill the base with food; always make sure that the cover is placed horizontally and that it is not above the level of the rim of the base.
- The MicroPro Series Grill will be very hot after microwaving. Always use oven gloves when handling the product.
- Never use the MicroPro Series Grill without the cover. Always make sure the cover is well placed on the food or resting on the rim of the base. Do not allow the nonstick surfaces to touch; there should always be food between the cover and the base.
- Always refer to the instruction booklet of your microwave manufacturer for appropriate product usage. If you have a turntable plate, make sure the MicroPro Series Grill fits on it AND that the turntable plate effectively turns.
- If your microwave has just been used and you would like to use it again straight away, allow it to cool down for a minimum of 5 minutes by leaving the door open before using the MicroPro Series Grill.

- After each use, wait until the product cools down, hand-wash in hot, soapy water with a soft brush and the Tupperware Micro Fiber Towels; then rinse and dry immediately. The MicroPro Series Grill is suitable for use in the dishwasher. However we do recommend handwashing. During the dishwashing cycle the non-stick coating might come in contact with metal utensils or parts which could damage it. Avoid using aggressive detergents.

- Do not use abrasive, sharp or metal utensils. Do not try to remove the silicone parts.
- The MicroPro Series Grill product is for microwave use only; do not use on the stove top, in a conventional oven or on the grill. In multi-function ovens, make sure the grill/crisp or convection function is not activated accidentally during the microwave cooking process, as this will damage your product.
- Over time, normal product usage may bring a golden effect to the outside part of the base. This will not affect the performance of the product and is not covered by the Tupperware Warranty. Use a stainless clean polish to clean the outside surface.
- Depending on the technology of your microwave the heating effect on one side of the food might be greater than on the other. This will not affect the performance of the product and is not covered by the Tupperware Warranty.

Tupperware Quality Warranty

Tupperware MicroPro Series Grill is covered by the Tupperware Warranty which ensures a replacement of any Tupperware manufactured product that presents any material or manufacturing defect that occurs when using the product according to directions and in normal domestic use, except for the high quality non-stick coating, for which the warranty coverage is of 3 years from date of purchase.

www.tupperwarebrands.com

MicroPro Series Grill 烧烤盒

恭喜您选择了非凡的 Tupperware MicroPro Series Grill 烧烤盒！有了这款独特的产品，只要用微波炉您就可以快速烤制肉类、鱼类、蔬菜和三明治，并可以制作出各种焗烤的菜肴。它是您为自己和家人快速烹饪健康美食的秘密武器。祝您享受烹饪的快乐，制作出更多的美味美食。

最高	1000 W	最低	0°C
最高	20 分钟	最高	220°C



Tupperware®

Preserving your future

使用洗碗机上的低温程序，可以节省能源并有助于保护环境。

功能和优势：

创新型 MicroPro Series Grill 烧烤盒是 Tupperware 为满足越来越多的人需要简单、快速烹饪方法这一需求而推出的产品。MicroPro Series Grill 烧烤盒是一款非凡的产品，由创新型合成材料制作的底盘和盒盖组成。

MicroPro Series Grill 烧烤盒经过精心设计，使用高效微波烹饪方法快速加热食物，可确保食物酥脆，颜色金黄，效果与对流烤箱或传统煎锅不相上下。之所以能够获得如此令人赞叹的效果，是因为 Tupperware MicroPro Series Grill 烧烤盒可将微波转换为热能（热量），与此同时保护了食物不受微波破坏。这一切都是在缩短了总烹饪时间的情况下做到的。

- 产品表面为不粘涂层，烹饪食物快捷、健康，上菜和清洁毫不费力。
- 同时在食物两侧加热。非常适合烤制鱼片或肉片，及制作外表金黄酥脆的三明治、墨西哥薄饼等食物。
- 底盘和盒盖上均带有坚固的手柄，抓握牢固安全、操作和移动起来都非常舒服。
- 可用容量 1.5 升。
- 盒盖可以存放在底盘内，减少存储空间。
- 这种独特的智能材料可以控制 MicroPro Series Grill 烧烤盒的温度，确保其温度不超过 220°C。

烹饪指南：

- 首次使用前，将 MicroPro Series Grill 烧烤盒置于热皂液水中手洗；然后冲洗并晾干。
 - 为了食物烹饪的快速均匀，请将其切成大小形状相同的块。
 - 刺破所有带皮食物，例如番茄、香肠等。
 - 把所有食材放到 MicroPro Series Grill 烧烤盒底盘内，确保食物分布均匀。这样操作可确保食物烹饪均匀。
 - MicroPro Series Grill 烧烤盒的盒盖可置于 2 个不同的位置：
 - 完整烧烤（图 A）：此位置确保食物两侧均可直接接触到加热后的产品，达到两面烧烤的效果。这个位置非常适合烤制肉片、鱼片、三明治、蔬菜等食物。对齐完整烧烤图形 () 和底盘边缘的箭头，将盒盖放到此位置。盒盖会进到底盘里，直接接触食物（图 A2）。确保食物位于底盘中心处。集成水槽收集溢出的脂肪或汁液。由于盒盖直接接触食物，因此要确保食物厚度一致。这样操作可确保食物烹饪均匀。烤制前，食物可以经过腌渍或刷上一点点食用油。
 - 焗烤或脆皮烹饪（图 B）：此位置可在盒盖和食物间留出空间，烹饪出的食物具有脆皮焗烤的效果。这个位置非常适合烹饪焗饭、油炸玉米饼、烤土豆饼、面包碎、以及各种各样的干酪美食等等。对齐焗烤/脆皮烹饪图形 () 和底盘边缘的箭头，将盒盖放到此位置。确保盒盖稳稳地盖在底盘边缘上，而不是食物上（图 B2）；这样可以防止食物溢出和飞溅。
- 按照本指南说明将 MicroPro Series Grill 烧烤盒放到微波炉中（图 C）：
- 一次不要烹饪超过 20 分钟。在这 20 分钟的烹饪时间里，可根据需要将食物从微波炉取出，进行翻动或搅动，然后再放回微波炉。如果一次性烹饪超过 20 分钟，有可能会导导致本产品或微波炉损坏。
 - 始终将本产品放在离微波炉内壁（包括微波炉门）至少 5cm/2”处。如果微波炉带有托盘或食物架，将其取出，然后将本产品直接放在微波炉底部。如果微波炉带有转盘，要始终将食物放在转盘的中心位置，并确保转盘旋转自如。
 - 建议功率最高为 1000 瓦。建议功率最高为 1000 瓦。
 - 烹饪后本产品和内容物会很热。必须使用隔热手套，把持产品两侧的手柄。从集成手柄处向上提起盒盖，将其移除。开盖时必须远离开口，以免热蒸汽灼伤。

- 如果未装食物，切勿在微波炉中使用本产品。

为了您的满意和安全，请遵守以下预防措施：

- 首次使用前阅读所有这些说明。
- 使用 MicroPro Series Grill 烧烤盒时，切勿让儿童靠近。
- 勿在传统烤箱或炉台上使用本产品。
- 切勿使用微波炉上的任何预编程序设置、自动功能或热传感器程序，因为这些功能的设计并不适于本产品。
- 填充食物时勿让食物溢出底盘；始终确保盒盖水平放置，且不能高于底盘边缘。
- 微波炉加热后的 MicroPro Series Grill 产品会非常热。操作本产品时必须使用隔热手套。
- 不得使用无盖的 MicroPro Series Grill 烧烤盒。始终确保盒盖放置在食物上或底盘边缘上。切勿让不粘涂层相互接触；盒盖和底盘之间始终应放有食物。
- 必须参考微波炉制造商提供的说明书，以了解如何正确使用。如果使用转盘，请确保 MicroPro Series Grill 产品能放在上面，并且转盘能够自如旋转。
- 如果微波炉刚刚使用过，您想再次立即使用，请在 使用 MicroPro Series Grill 烧烤盒前，将微波炉门打开至少 5 分钟，使其冷却。
- 每次使用后，等到本产品冷却，可用软刷和 Tupperware Micro Fiber 毛巾在热皂液水中进行清洗；然后冲洗并直接晾干。MicroPro Series Grill 烧烤盒适合用洗碗机清洗。但是我们建议手洗。用洗碗机洗涤期间，不粘涂层可能接触到金属器皿或零件，会对其造成损伤。避免使用刺激性洗涤剂。
- 切勿使用粗糙、尖锐或金属器皿。切勿尝试移除硅胶部件。
- MicroPro Series Grill 烧烤盒仅用于微波炉；勿在炉台、传统烤箱或烤架上使用本产品。使用多功能烤箱时，请确保在进行微波烹饪的过程中未意外启用烧烤/脆皮功能或对流功能，否则会对本产品造成损伤。
- 产品经过一段时间的正常使用后，底盘外部会显现出金色光泽。这不影响本产品的性能，不在 Tupperware 保修范围内。使用不锈钢洁净抛光剂清洗外表面。
- 取决于微波炉的技术，食物一侧的加热效果可能高于另一侧。这不影响本产品的性能，不在 Tupperware 保修范围内。

Tupperware 质量保证

Tupperware MicroPro Series Grill 烧烤盒在 Tupperware 保修范围内，用户根据说明在正常家用过程中如发现 Tupperware 的产品出现任何材料或制造工艺缺陷，公司承诺予以更换；高质量不粘涂层除外，其保修期自购买日期起为期 3 年。

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MicroPro 시리즈 그릴

회기적인 Tupperware MicroPro 시리즈 그릴은 고객에게 최고의 요리 경험을 선사합니다. 이 독특한 제품은 고기, 생선, 케서롤, 야채 및 새드 위치를 빠르게 굽고 익히기 위해 빠르고 균일하게 조리할 수 있도록 설계되었습니다. 이 제품은 1000 W, 최소 0°C, 20분 최대 220°C로 작동합니다.



Tupperware®

Preserving your future

식기 세척기에서 저온 프로그램을 사용하여 에너지를 절약하고 환경 보존을 도우십시오.

기능 및 장점:

현시적인 MicroPro 시리즈 그릴은 빠르고 편리한 요리 솔루션을 제공합니다. Tupperware MicroPro 시리즈 그릴은 혁신적인 디자인과 뛰어난 성능을 자랑합니다. 이 제품은 고기, 생선, 케서롤, 야채 및 새드 위치를 빠르게 굽고 익히기 위해 빠르고 균일하게 조리할 수 있도록 설계되었습니다. 이 제품은 1000 W, 최소 0°C, 20분 최대 220°C로 작동합니다.

- 첫 번째 요리 경험을 위한 완벽한 조리 환경을 제공합니다.
- 양쪽 면을 동시에 가열합니다. 이는 노릇노릇하고 바삭바삭한 토스트 케사디야 및 유사한 음식 만들 수 있게 해줍니다.
- 다다한 손잡이와 커버는 이체공학적 안전을 위해 견고하고 안정적인 그릴을 제공합니다.
- 1.5L 사용 용량.
- 커버는 소수 보관을 위해 하단 내부에 보관할 수 있습니다.
- 독특하고 편리한 소재가 MicroPro 시리즈 그릴의 훌륭한 특징입니다.

조리 지침:

- 처음 사용하기 전에, MicroPro 시리즈 그릴을 깨끗한 물에 손으로 닦아주세요. 그리고 나서 행균 다음 세척하십시오.
- 빠르게 굽고 익히기 위해, 음식을 차르십시오.
- 가령, 토마토, 소시지 등의 음식과 같이 껍질이 있는 음식은 모두 구멍을 냅니다.
- MicroPro 시리즈 그릴 하단에 재료를 넣고 그릴을 닫으십시오. 이 통째로 음식을 굽고 익힐 수 있습니다.
- MicroPro 시리즈 그릴 커버는 2개의 다른 위치에서 사용할 수 있습니다:
 - 그릴 완성 (그림 A): 이 위치는 음식의 양을 조절하며, 익히기 기능을 향상시켜야 합니다. 이 위치는 요리할 때와 야채를 굽기 위해 사용됩니다. 이 위치는 요리할 때와 야채를 굽기 위해 사용됩니다.
 - 그릴 완성 (그림 B): 이 위치는 음식의 양을 조절하며, 익히기 기능을 향상시켜야 합니다. 이 위치는 요리할 때와 야채를 굽기 위해 사용됩니다.
- 한 번에 20분 이상 요리하지 마십시오. 필요할 경우, 전자레인지에서 제품을 꺼내고 다시 전자레인지에 넣고 20분 내로 조리하십시오. 한 번에 20분 이상 조리할 경우, 제품을 전자레인지에서 꺼내고 5cm/2" 내외 거리를 두도록 합니다. 전자레인지 내부에서 꺼내고 제품을 전자레인지 위에 바로 올려놓으십시오.

