



Russell Hobbs



3-IN-1 JUICE & BLEND

2 YEAR WARRANTY

RHJ3000

RHJ3000_IB_FA_180820
Part No. T22-9001967

INSTRUCTIONS & WARRANTY

IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including the following: Read all instructions before, and follow whilst using this appliance.

1. To protect against electrical hazards, do not immerse the power cord, plug or appliance in water or other liquid.
2. Do not use this appliance near bathtubs, showers, basins or other vessels containing water.
3. Do not use outdoors.
4. Do not let cord hang over edge of table surfaces or counter.
5. Do not let cord contact hot surfaces, including the stove.
6. 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.
7. Do not use the appliance if the rotating sieve or the protecting cover is damaged or has visible cracks
8. Do not put your fingers or other objects into the juicer opening while it is in operation. If food becomes lodged in opening, use the food pusher or another piece of fruit or vegetable to push it down. When this method is not possible, turn the motor off, remove the plug from the wall power outlet and disassemble juicer to remove the remaining food.
9. Do not push the food into the 75mm wide feed chute with anything other than the food pusher when the appliance is connected to a power source.
10. Always make sure the juicer jar lid is locked securely in place before motor is turned on. Do not unfasten the locking plate while juicer is in operation.
11. DO NOT add hot ingredients/liquids to the blender as they may be ejected out of the appliance due to sudden steaming.
12. Care should be taken when handling sharp components, during assembly, disassembly and when cleaning.
13. Do not touch moving parts.
14. Ensure the switch is in the "OFF" position after each use of the juicer. Make sure the motor stops completely before disassembling.
15. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with reduced physical, sensory and mental capabilities.
16. Always turn off and unplug the appliance from the power outlet when not in use, before fitting or removing attachments, before approaching parts that move and before cleaning the appliance.
17. The use of filter attachments/accessories not recommended by the appliance manufacturer may cause injuries or damage to the appliance and void warranty.
18. This appliance is NOT a toy. Children should be supervised to ensure they do NOT play with this appliance.
19. Always follow the instructions when using this appliance.
20. Always clean the appliance after use.
21. Please ensure all detachable parts are completely dry after cleaning before re-assembling the appliance for next use.



22. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid hazard.
23. Do not operate this appliance with a damaged cord/plug or after the appliance has malfunctioned, or been dropped or damaged in any manner. Contact Customer Service for examination, adjustment, repair or replacement.
24. Care must be taken when handling filter attachments and when removing or fitting attachments into the juicer.
25. To disconnect, ensure the appliance switch is set to Off, turn off wall power outlet, then grasp and pull the plug from the wall outlet. Never pull by the cord.
26. Misuse may cause injury.
27. Do not attempt to defeat any safety interlock mechanisms.
28. Do not leave the appliance unattended when in use.
29. Do not use the appliance for other than its intended purpose.
30. Do not use on an inclined plane or unstable surface.
31. 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.

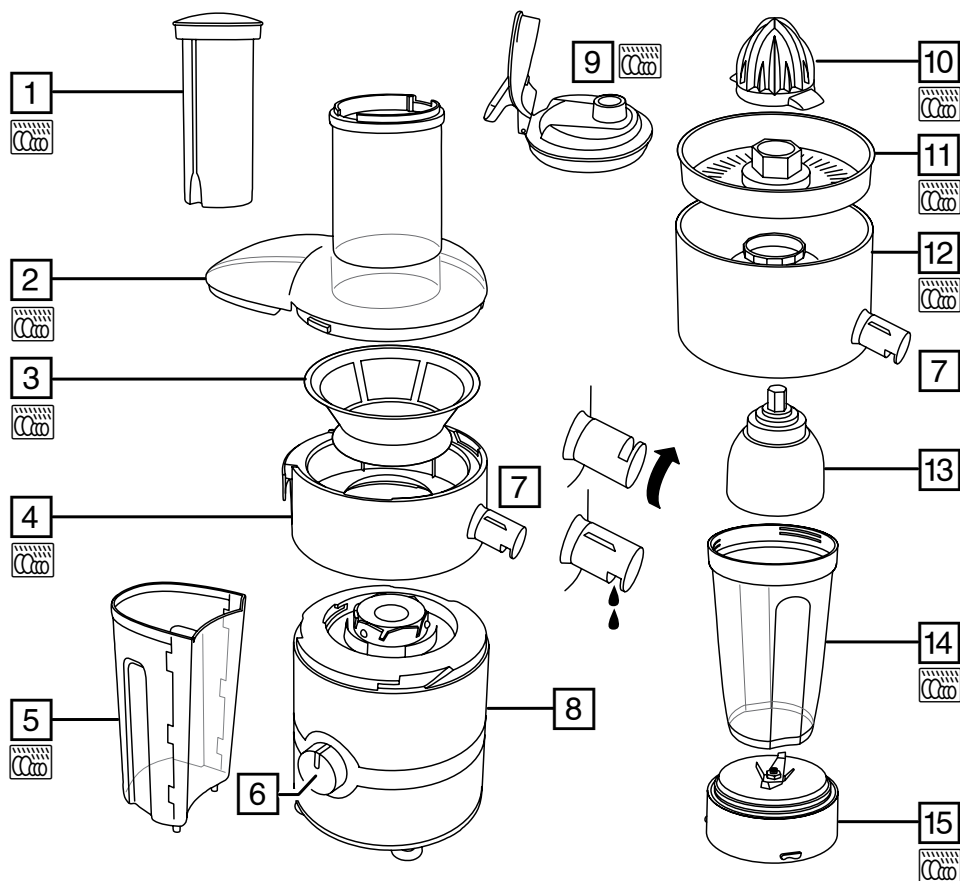
This appliance is intended to be used in household and similar applications such as:

- Staff kitchen areas in shops, offices and other working environments;
- Farm houses;
- By clients in hotels, motels, and other residential type environments;
- Bed & breakfast type environments.


SAVE THESE INSTRUCTIONS.

Congratulations on the purchase of your new Russell Hobbs 3-in-1 Juice & Blend. Each unit is manufactured to ensure safety and reliability. **Before using the appliance for the first time, please read this instruction booklet carefully and keep it for future reference.** Pass it on if you pass on the product.

When using this appliance, basic safety precautions should always be followed.



FEATURES

- | | | |
|---------------------|----------------------|---|
| 1. Pusher | 7. Spout | 13. Coupling |
| 2. Lid | 8. Motor base | 14. Multi-purpose jar |
| 3. Sieve | 9. Resealable lid | 15. Blade unit |
| 4. Juicer separator | 10. Cone |  Dishwasher safe |
| 5. Pulp container | 11. Strainer | |
| 6. Control | 12. Citrus separator | |

GENERAL USE

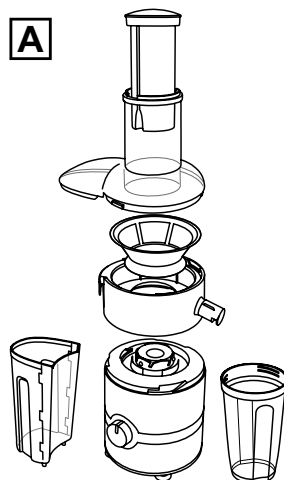
BEFORE FIRST USE

- Remove any packaging material and labels.
- Wash the pusher, lid, sieve, separators, strainer, pulp container, cone, jar and blade assembly in warm, soapy water. Rinse and dry.
- Wipe the motor base with a damp cloth.
- Place the appliance on a dry, firm, level surface, near a power socket.

JUICER (FIG A)

The juicer attachment can be used to extract juice from fruit, vegetables and even leafy greens. The feed chute is 75mm wide for whole fruit juicing.

A



ASSEMBLY

1. Line up the ▼ on the juicer separator with the ◀▶ on the motor base. Turn the separator clockwise to line up the ▼ with the ◀▶.
2. Put the sieve into the separator and press it down onto the drive shaft.
3. Line up the ▼ on the lid with the ◀▶ on the motor base. Turn the separator clockwise to line up the ▼ with the ◀▶.
4. Fit the pulp container under the left hand side of the lid.
5. Put the multi-purpose jar under the spout to collect the juice.
6. Fit the pusher into the tube.

USING

1. Check that the appliance is switched off (O).
2. Put the plug into the power socket.
3. Turn the appliance on (I).
4. Remove the pusher and drop the ingredients down the feed chute.
5. The feed chute is wide enough for most whole fruits and vegetables but larger ingredients may need to be cut to fit.
6. Replace the pusher and use it to push the ingredients gently down the feed chute.
7. Once finished, turn off your juicer (O).
8. The spout can be turned to face upwards to prevent dripping when you have finished using the appliance.
9. You can fit the resealable top to the multi-purpose jar if desired for storage or to use the jar as a drinking bottle.

TIPS

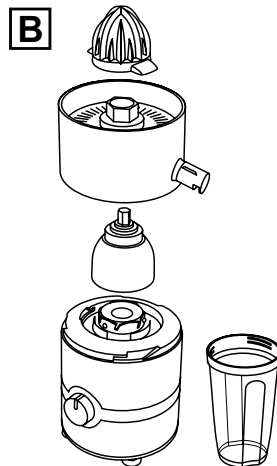
- Buy organically grown produce whenever you can.
- Remove stones from fruit like peaches, plums, mangoes, etc.
- Use good quality, fresh, ripe fruit and vegetables. Soft vegetables or overripe fruit can make the juice thick and cloudy.

- Wash all fruit and vegetables. Use a brush on the harder ones. Remove the outer leaves on non-organic produce. Peel any non-organic or waxed fruit or vegetables. Cut out and discard bruises and blemishes as these may affect the taste of the juice.
- Don't juice anything strong or pungent, like onions or garlic. No matter how well you clean your juicer, you'll never get rid of the taste.
- Bunch up leafy greens, parsley, wheat grass and beansprouts into a small tight ball and push it down the tube with the pusher.

WARNING! Rhubarb leaves are poisonous, they contain oxalic acid. They mustn't be juiced or eaten.

CITRUS PRESS (FIG B)

The citrus press attachment can be used to press juice out of oranges, grapefruit, lemons, limes, etc.



ASSEMBLY

1. Fit the coupling onto the drive shaft.
2. Line up the ▼ on the citrus separator with the ◀■▶ on the motor base. Turn the separator clockwise to line up the ▼ with the ◀■▶.
3. Place the strainer into the citrus separator and fit the cone onto the coupling.
4. Put the multi-purpose jar under the spout to collect the juice.

USING

1. Check that the appliance is switched off (O).
2. Put the plug into the power socket.
3. Turn the appliance on (I).
4. Using one half-fruit at a time, place the cut (flesh) side on top of the cone and press it down.
5. Once finished, turn off your juicer (O).
6. The spout can be turned to face upwards to prevent dripping when you have finished using the appliance.
7. You can fit the resealable top to the multi-purpose jar if desired for storage or to use the jar as a drinking bottle.

TIPS

- Use good quality, fresh, ripe, citrus fruit.
- Wipe the fruit. Turn the fruit on its side and cut in half with a sharp knife.

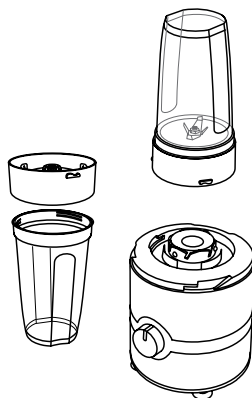
BLENDER (FIG C)

The versatile blender attachment has a number of different uses including blending soups, smoothies and purées.

C

ASSEMBLY

1. Add the ingredients to the jar. Do not fill past the **max** mark.
2. Screw the blade unit on to the top of the multi-purpose jar.
3. Check that the appliance is switched off (O).
4. Turn the jar upside down then line up the ▼ on blade unit with the ◀▶ on the motor base. Turn the blade unit clockwise to line up the ▼ with the ◀▶.



USING

1. Put the plug into the power socket.
2. Turn the appliance on (I). For precise control use the pulse @ function.
3. Once finished turn the appliance off then twist the blade unit anti clockwise to line up the ▼ on blade unit with the ◀▶ on the motor base and remove it.
4. Turn the jar the right way up and unscrew the blade unit.
5. You can fit the resealable top to the multi-purpose jar if desired for storage or to use the jar as a drinking bottle.

COMBINING USES

Because the multi-purpose jar is also used when juicing or citrus pressing, you can combine these functions for increased versatility. For example, when making a smoothie:

- Use the citrus press or juicer attachment to extract juice into the jar.
- Add the rest of the smoothie ingredients to the jar.
- Fit the blade unit (see BLENDER section).
- Blend the ingredients to create a 100% natural, home-made smoothie.
- Most smoothie recipes require some liquid in the form of juice. By using your own home-made juice you can ensure that your smoothies are 100% natural without any of the additives or preservatives that could be found in commercially produced juices.

CLEANING

1. Switch the appliance off (O) and unplug it.
2. Disassemble the appliance.
3. To remove the sieve, first turn the separator anti clockwise to line up the ▼ with the ↗ then tip the sieve out of the separator.
4. Wipe the outside of the motor unit with a clean damp cloth.
5. Wash the removable parts in warm soapy water, rinse well, drain, and air dry.
6. If the sieve is clogged, hold it under a running tap and brush along the surface of the mesh with a nylon washing up brush. Don't try to poke the bristles through the mesh – you'll break it.



You may wash these parts in a dishwasher.

If you use a dishwasher, the harsh environment inside the dishwasher will affect the surface finishes. Damage should be cosmetic only, and should not affect the operation of the appliance.

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.

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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 period of 2 years (**Warranty Period**) 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

If you live in New Zealand Please visit: 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.



Russell Hobbs



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2 YEAR WARRANTY

RHJ3000

RECIPE BOOK

SPARKLING EYE POTION

JUICER RECIPES

In order to maintain healthy, shiny eyes our bodies require plenty of B vitamins, as well as vitamins C and E and beta-carotene.

Try this juice drink now and again as a refreshing and tasty vitamin enriched drink.

Ingredients:

3 carrots

2 green apples

½ broccoli

½ red capsicum

APPLE AND STRAWBERRY

Ingredients:

250g strawberries

3 green apples

1 small piece ginger, peeled

Serve over ice.

ENERGY DRINK

Fruit and vegetables have natural sweetness and make excellent energy drinks.

Ingredients:

2 carrots

3 apricots, stone removed

2 apples

50ml milk

5g wheatgerm

5ml honey

Juice the fruit and vegetables. Stir in the milk, wheatgerm, and honey.

www.russellhobbs.com.au

www.russellhobbs.co.nz

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VITAMIN DRINK

This drink is high in B group vitamins, vitamin C, and the mineral calcium.

Ingredients:

- 1 parsnip
- ½ green capsicum
- 1 broccoli
- 2 carrots
- 1 sweet potato
- 1 celery stick

For a sweeter taste, add more carrot or parsnip.

SUMMER DRINK

Ingredients:

- 3 tomatoes
- ½ cucumber
- 1 celery stick
- 1/8 lime

SAVOURY COCKTAIL

Ingredients:

- 2 carrots
- 1 handful watercress
- 3 tomatoes
- 1 bunch coriander or basil leaves
- 1 celery stick
- ½ red capsicum
- A few drops of Tabasco or Worcestershire sauce (optional)

CARROT AND PARSLEY

Ingredients:

- 6 carrots
- 5 sprigs parsley

CABBAGE, CELERY AND CARROT

Ingredients:

½ green cabbage
2 celery sticks
3 carrots

VEGETABLE TONIC

Ingredients:

1 handful spinach
4 sprigs parsley
4-6 carrots

SUNSHINE COCKTAIL

Ingredients:

2 apples
100g strawberries

PASSION COCKTAIL

Ingredients:

50g strawberries
¼ pineapple
1 bunch black grapes

PINEAPPLE AND GRAPEFRUIT

Ingredients:

½ grapefruit
¼ pineapple

LEMONADE

Ingredients:

4 apples
¼ lemon
Serve over ice.

PINEAPPLE, STRAWBERRY AND APPLE

Ingredients:

1 apple
¼ pineapple
100g strawberries

LEEK AND POTATO SOUP

BLENDER RECIPES

Ingredients:

75g leeks
75g potatoes
1 stock cube
400ml water
salt and pepper

Process the leeks and potatoes for 2 seconds. Transfer to a large pan. Add the water and stock cube. Bring to the boil, stirring. Reduce the heat. Cover the pan. Simmer for 20 minutes. Remove from the heat. Cool for 30 minutes. Process till smooth. Bring to serving temperature (don't let it boil). Adjust the seasoning. Serve with bread.

For Vichyssoise, add a couple of chives to the leeks and potatoes, add a knob of butter to the pan before heating, cool the soup instead of re-heating it, and whisk in 75ml of cream before serving it cold.

SPICY PUMPKIN SOUP

Ingredients:

450g pumpkin
15ml vegetable oil
1 leek
1 garlic clove
450ml chicken/vegetable stock
2.5g ground ginger
15ml single cream/crème fraîche
2.5g ground coriander
1 bunch coriander leaves
salt and pepper

Peel, deseed, and cut the pumpkin into chunks. Heat the oil in a pan. Add the leeks, garlic and spices. Stir for 3 minutes. Add the stock and pumpkin. Bring to the boil, stirring. Reduce the heat. Cover the pan. Simmer for 20-30 minutes. Remove from the heat. Stir in the coriander and cream. Cool for 30 minutes. Process till smooth. Bring to serving temperature (don't let it boil). Adjust the seasoning. Serve with bread.

CORIANDER PESTO

BLENDER RECIPES

Ingredients:

2 handfuls coriander leaves
2 garlic cloves
60g pine nuts
125ml olive oil
60g Parmesan, grated

Process the coriander, garlic, pine nuts and half the oil till smooth. Transfer to a large bowl. Stir in the Parmesan. Add oil to adjust the consistency: For a dip: thick. For a topping: medium. For pasta sauce: thin.

FRUITY SMOOTHIES

Process everything till smooth.

Ingredients:

60ml yogurt
200ml milk
30g oatmeal
1 banana
30ml honey
2 apples, cored

Ingredients:

170g chocolate ice cream
300g orange juice

Ingredients:

150g hazelnut yogurt
1 banana
200ml milk

Ingredients:

300ml chocolate milk
2 pears, cored

Ingredients:

200ml yogurt
1 mango, stone removed
200ml milk
5ml honey

Ingredients:

300ml milk
1 banana
12 strawberries

Ingredients:

360ml lemonade
125g vanilla ice cream
70g blueberries

Ingredients:

400ml milk
1 banana
20ml honey
10ml vanilla extract

Ingredients:

300ml orange juice
300ml cranberry juice
1 banana

Ingredients:

4 halves of tinned apricot
80ml apricot juice (from tin)
2 peaches, stone removed
60ml yogurt
200ml milk
10ml honey

Ingredients:

600ml apple juice
1 mango, stone removed

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This image shows a full page of primary-ruled paper. It consists of numerous horizontal dotted lines spaced evenly apart, providing a guide for handwriting practice. The lines are light gray or black dots forming a continuous line across the width of the page. There are no margins, text, or other markings on the paper.

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