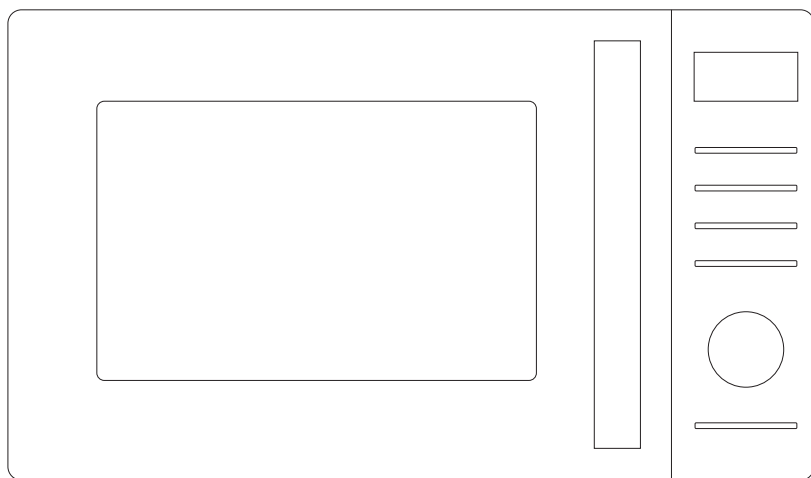




GHMON131B5M 23L Microwave grill

User Guide

230-240V~50Hz,
1350-1450W microwave input power,
900-1000W grill input power

IMPORTANT: RETAIN FOR FUTURE REFERENCE

About this guide

We're here to help you get the most from your microwave, so please keep hold of this manual for future use.

WARNINGS:

THIS PRODUCT WAS DESIGNED AND MANUFACTURED TO MEET STRICT QUALITY AND SAFETY STANDARDS. THERE ARE, HOWEVER, SOME OPERATIONAL PRECAUTIONS YOU SHOULD BE AWARE OF.

- 1. Read all warnings & instructions in this manual to ensure you get the best out of your product.**
- 2. For household use only. Only use this appliance for its intended purpose as described in this manual. This appliance is only suitable for domestic use and is not designed for commercial use.**
- 3. 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 unless they are older than 8 and supervised.**
- 4. Keep the appliance and its cord out of reach of children less than 8 years.**
- 5. ASDA does not recommend allowing children to operate this appliance.**
- 6. WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.**

7. **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.
8. **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode.
9. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid hazard.
10. Do not use if the appliance, cord or plug is damaged.
11. The cord shouldn't hang over the edge of a table or counter, or touch a hot surface.
12. To avoid fire, electric shock, or injury, never immerse the microwave, cord, or plug in water or liquid. Do not use with wet hands.
13. Always place on a firm, level surface, out of reach of children.
14. Before connecting the microwave to the power, check the voltage shown on the appliance corresponds with the voltage for the mains supply of the country you are in. If it doesn't, contact your local store.
15. Please don't dismantle. If a fault occurs, have the microwave oven inspected in a qualified repair shop or return to us at Asda.
16. Remove all packaging prior to use. Inspect the product for any damage before use. If damage is found, notify ASDA to exchange the product.
17. Leave a minimum of 30cm (12") above the microwave and never place items on top as this will block the vents.
18. Only use utensils that are suitable for use in microwave ovens.
19. Do not place metallic containers or utensils in the oven whilst cooking in microwave or combi modes.
20. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
21. 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.

22. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
23. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
24. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
25. Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
26. The oven should be cleaned regularly and any food deposits removed.
27. 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.
28. The appliance shall not be cleaned with a steam cleaner.
29. The microwave oven is only used in freestanding; the microwave oven shall not be placed in a cabinet.
30. Do not use attachments not recommended by the manufacturer. Only use thermometers approved for use in microwaves.
31. Keep away from harsh or abrasive cleaning agents or solvents.
32. Do not use the microwave when it is empty as this could lead to damage.
33. Never put any objects into the outer case openings or remove parts of the microwave (e.g. the feet and screws).
34. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
35. The door seals are located around the window and on the inside of the door. The seals are not airtight, but although no microwaves are released it is normal for a small amount of air or steam to escape when the microwave is in use.
36. Do not use plastic containers for food that has a high content of fat or sugar.

37. Do not use this microwave to deep fry foods.
38. Avoid cooking foods surrounded by membrane (e.g. egg yolks, potatoes, chicken livers and ready meals) without piercing them with a fork several times.
39. If you use plastic film when re-heating or cooking food, use only film designed for microwave ovens and ensure that the film does not touch the food. If necessary, pierce the film all over to allow the steam to escape.
40. When grill cooking, do not use paper or plastic containers, or plastic film. Dishes for combination-cooking should be heatproof and microwave safe.
41. Always stir microwaved foods to distribute the heat evenly, then leave to stand for a few minutes. Make sure to test the temperature of cooked food before eating.
42. Food containing a mix of fat and water (e.g. stock) should be left to stand for 30-60 seconds in the microwave after it is cooked. This allows the mixture to settle and prevents it from bubbling.
43. Certain foods may heat quicker than others (e.g. jam and puddings).
44. Use gloves if you remove any heated food.
45. Do not overheat food.
46. Food can burn if overcooked. If you're unsure about how long to cook a particular food for, start with a short cooking time and check regularly.
47. The outer-casing may become hot during use, so always place on a heat-resistant surface and use with caution.
48. Beware when opening lids as hot steam will escape.
49. The door or the outer surface may get hot when the appliance is operating.
50. Keep the waveguide cover clean at all times and wipe the interior with a damp cloth after each use. If you leave grease or fat it may overheat, smoke or catch fire.
51. Do not leave the microwave unattended when in use.
52. Unplug when not in use and before cleaning.
53. The appliance is not intended to be operated by means of an external timer or separate remote-control system.

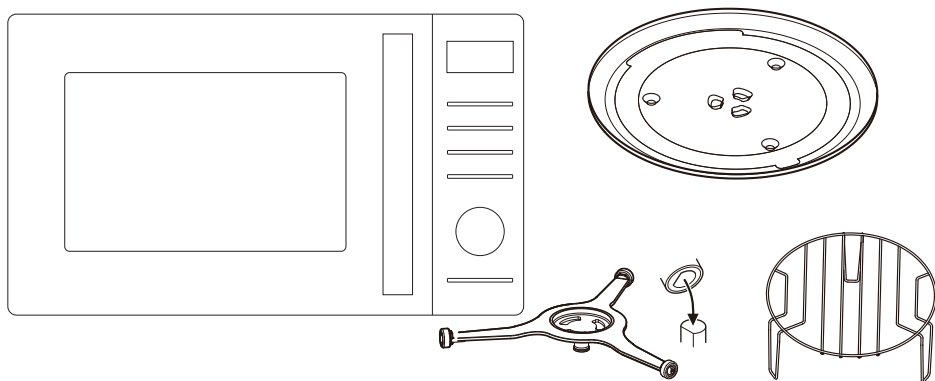
54. Environmental information: If at anytime in the future you should need to dispose of this product, please note that, in the UK, waste electrical products/batteries should not be disposed of with household waste.
55. This appliance is a Group 2 Class B equipment.
Group 2 equipment: group 2 contains all ISM RF equipment in which radio-frequency energy in the frequency range 9 kHz to 400 GHz is intentionally generated and used or only used locally, in the form of electromagnetic radiation, inductive and/or capacitive coupling, for the treatment of material, for inspection/analysis purposes, or for transfer of electromagnetic energy.
Class B equipment is equipment suitable for use in locations in residential environments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.
56. 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

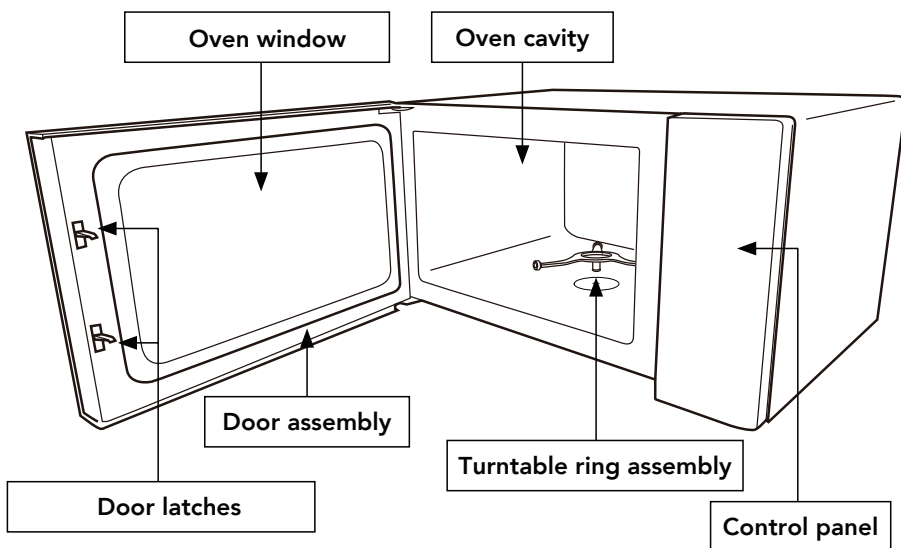
You should have

Digital microwave oven, glass tray,
turntable support & metal grill rack



How to...

...recognise the parts of your manual microwave



How to...

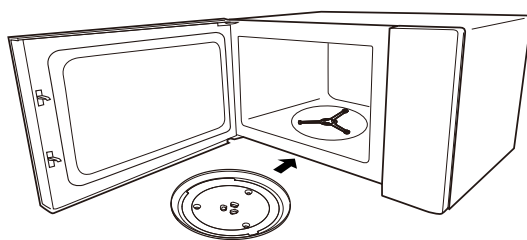
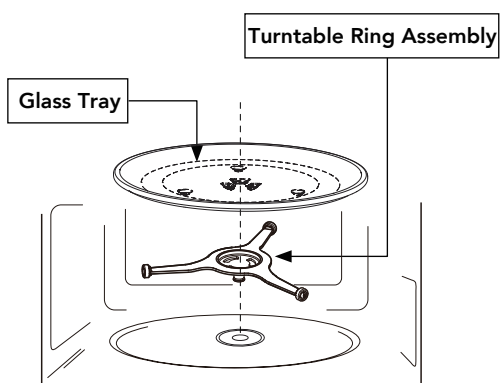
...assemble your microwave

NAMES OF OVEN PARTS AND ACCESSORIES

Cleaning the cooking compartment and putting the turntable in place. For new installations, make sure all packaging and shipping tape has been removed. Before using the appliance for the first time, you will need to put the turntable in place correctly. You must clean the cooking compartment and accessories.

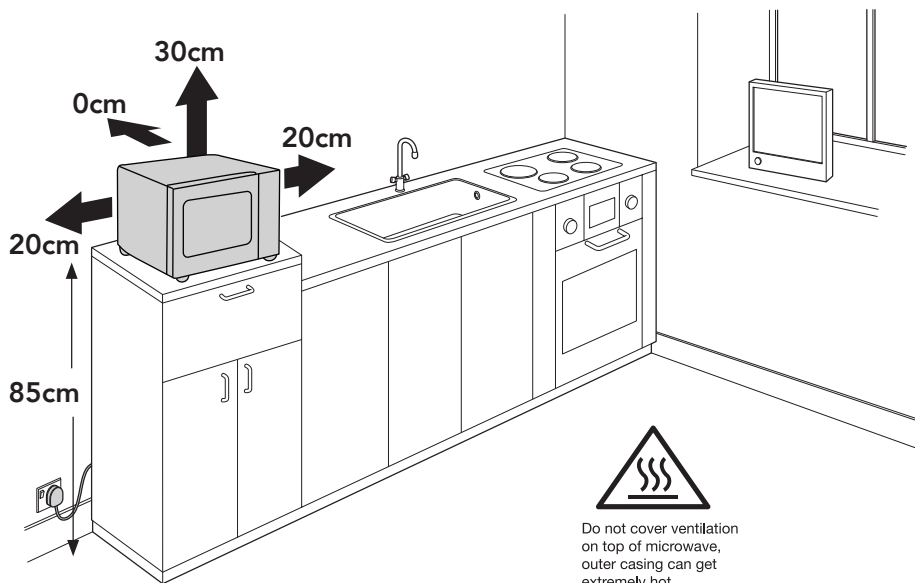
Notes:

1. Never use the appliance without the turntable. Make sure that it is properly engaged. The turntable can turn clockwise or anti-clockwise.
2. Never place the glass tray upside down. The glass tray should never be restricted.
3. Both glass tray and turntable ring assembly must always be used during cooking.
4. All food and containers of food are always placed on the glass tray for cooking.
5. Never restrict the movement of the turntable.
6. If glass tray or turntable ring assembly cracks or breaks, contact your nearest authorized service center.



How to...

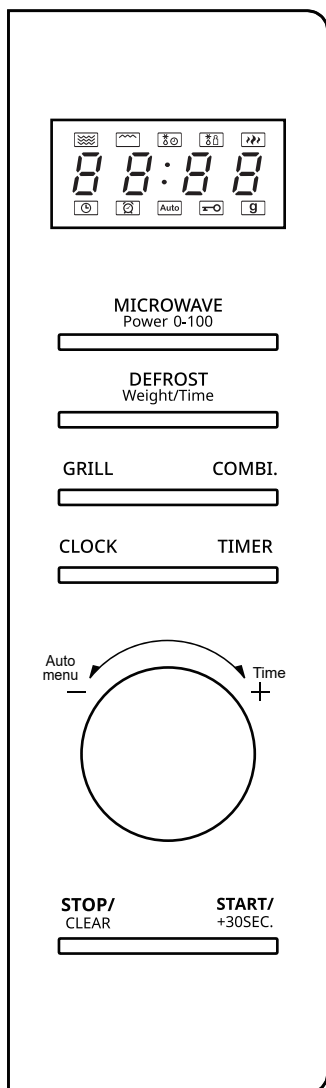
...best place your microwave grill



1. Do not place over a cooker or heat-producing appliance as this may cause damage.
2. Select a level surface that provides enough space for the outlet vents. Ensure the surface is strong enough to support the microwave (do not place inside cabinets).
3. A minimum clearance of 20cm (8") is required between the microwave and any adjacent wall or surface.
4. Leave a minimum of 30cm (12") above the microwave and **NEVER** place anything on top as this will block the vents.
5. The microwave should be as far away from TVs and radios as possible. Using the microwave may cause interference with reception.
6. The microwave must be positioned so the plug is accessible and the socket is within easy reach.
7. Plug the microwave into a suitable 13 amp mains socket and ensure the voltage is the same as that in your home (do not use extension cables or mains socket adaptors).

How to...

...recognise the microwave control panel



MICROWAVE Power 0-100

Set power level for microwave operation

DEFROST Weight/Time

Quickly defrosts frozen foods based on the selected weight or time

GRILL

Use a thermal element to quickly grill foods

COMBI.

Use microwave energy along with grill cooking

CLOCK

Set time of day

TIMER

Countdown timer

STOP/ CLEAR

Press once to stop or pause cooking, then Pause active cooking status / Cancels current operation / Eco function / Lock function for children

START/ +30SEC.

Start speedy cooking for 30 seconds / Confirm input / Start operation / Add 30 seconds

Auto menu / Time

Enter speedy cooking time setting by first turning the knob right / Enter auto menu selection by first turning the knob left / Adjust parameters (e.g., time, power level, weight, auto menu)

How to...

...use your microwave

Please note

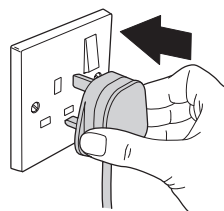
All cookware should be suitable for microwave use and no containers with restricted openings (e.g. bottles) should be used. If baby bottles are heated, the teat should not be left on. Only use oven-proof dishes when in grill mode. Please use the table below as a guide for what is suitable to use in each mode.

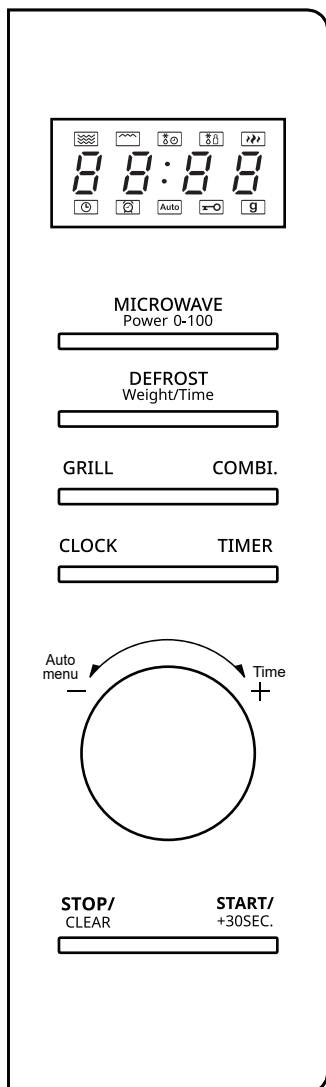
Cookware	Microwave mode	Grill mode	Combination mode
Heat resistant glass	Yes	Yes	Yes
Heat resistant ceramics	Yes	Yes	Yes
Microwave safe plastics	Yes	No	No
Kitchen roll paper	Yes	No	No
Foil containers	No	Yes	No
Aluminium foil	No	Yes	No
Metal tray / rack	No	Yes	No
Plastic film	Yes	No	No

Wax paper, oven cooking bags and parchment paper are safe for microwave use. Aluminium foil should only be used if the recipe requires it and only on grill mode. Keep foil at least 2.5cm away from the oven walls.

Do not use metal pans or items with a metal handle or trim (including wire twist-ties) or melamine dishes (as they contain material that absorbs microwave energy and may cause dishes to crack or burn) when using in the normal microwave or combination modes.

1. Slot the plug into the mains socket and switch the power on.
2. The microwave will 'BEEP' once and the display will show 0:00.





Setting the clock

1. Press "**CLOCK**" once and then "00:00" will display.
2. Turn the knob to set the hour figures.
3. Press "**CLOCK**" to confirm.
4. Turn the knob to set the minute figures.
5. Press "**CLOCK**" to confirm. The clock is set.

NOTE: The clock is a 24-hour display. If the clock is not set, it will not work when powered.

To reset the clock, please repeat step 1 to step 5.

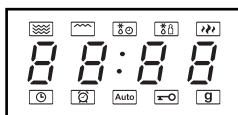
Setting the Kitchen Timer

1. Press "**TIMER**" once and then "00:00" will display.
2. Turn the knob to set the desired time. The maximum time value is "95:00".

START/

3. Press "**+30SEC.**" to confirm. The timer starts counting down.

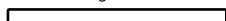
NOTE: The kitchen timer is a timer.



MICROWAVE
Power 0-100



DEFROST
Weight/Time



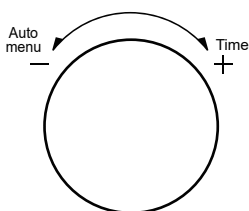
GRILL

COMBI.



CLOCK

TIMER



STOP/
CLEAR

START/
+30SEC.

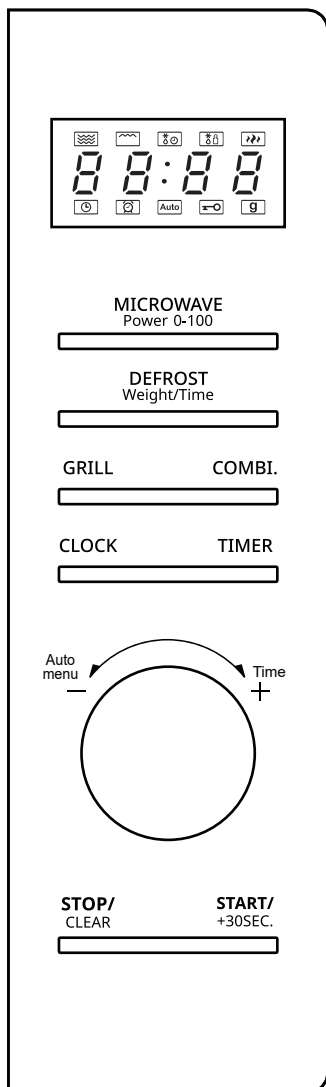


Microwave Cooking

The 11 power levels are available.

Power	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%
Display	P100	P90	P80	P70	P60	P50	P40	P30	P20	P10	P0

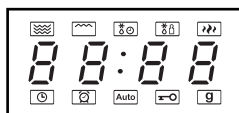
1. Press "**MICROWAVE**" once and then "**P100**" will display.
Power 0-100
2. Press "**MICROWAVE**" repeatedly to set the power level. The 11 power levels are available.
Power 0-100
3. Press "**START/ +30SEC.**" once or turn the knob to confirm.
4. Turn the knob to set the cooking time. The maximum time value is "95:00".
5. Press "**START/ +30SEC.**" to start cooking.



Grill Cooking

1. Press "**GRILL**" once and then "Grill" will display."
2. Press "**START/+30SEC.**" once or turn the knob to confirm.
3. Turn the knob to set the cooking time. The maximum time value is "95:00" .
4. Press "**START/+30SEC.**" to start cooking.

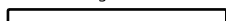
NOTE: The buzzer will sound to remind you to turn the food over during grilling. If no operation, the oven will continue working.



MICROWAVE
Power 0-100



DEFROST
Weight/Time



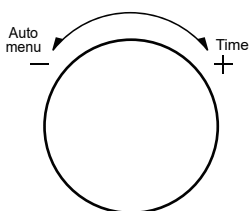
GRILL

COMBI.



CLOCK

TIMER



STOP/
CLEAR

START/
+30SEC.

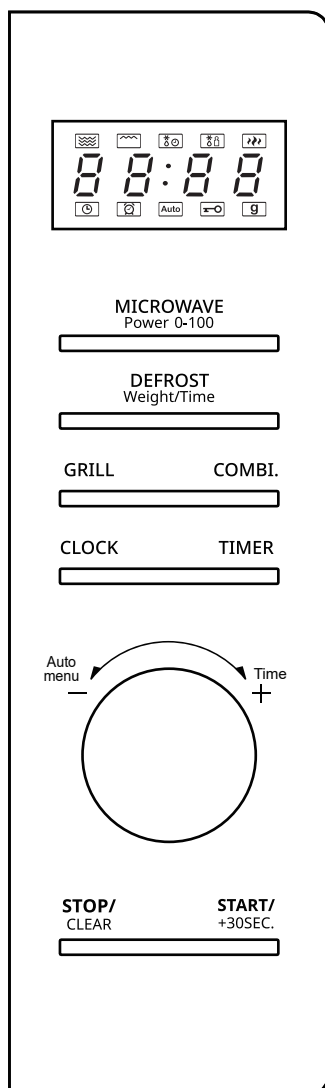


Combination Cooking

1. Press "**COMBI.**" once and then "C-1" will display.
2. Press "**COMBI.**" repeatedly and then "C-1", "C-2" will display.
3. Press "**START/**
+30SEC." once or turn the knob to confirm.
4. Turn the knob to set the cooking time.
The maximum time value is "95:00".
5. Press "**START/**
+30SEC." to start cooking.

Function	Display	Microwave Power	Grill Power
Combi. 1	C-1	55%	45%
Combi. 2	C-2	36%	64%

NOTE: The buzzer will sound to remind you to turn the food over during cooking. If no operation, the oven will continue working.



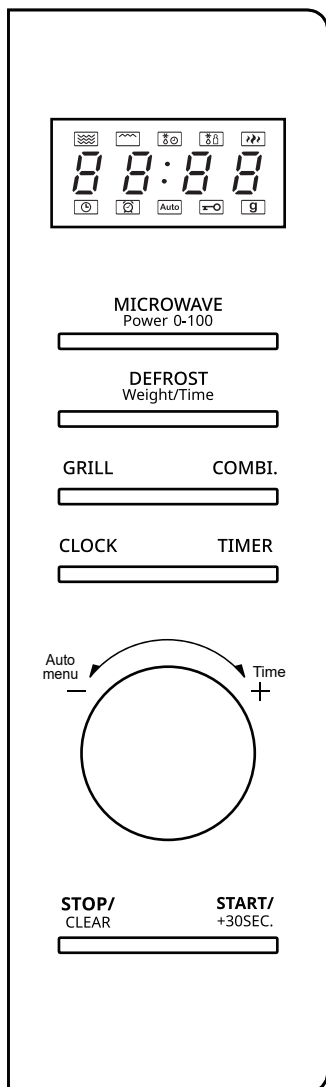
Defrost by Weight

1. Press " **DEFROST** " once and then the screen will display "dEF1".
2. Press " **DEFROST** " repeatedly and "dEF2", "dEF3", or "dEF1" is available.
3. Press " **START/** " once or turn the knob to confirm.
4. Turn the knob to set the weight of the food. The range of weight is 100-2000g.

5. Press " **START/** " to start defrosting.

Function	Menu	Weight
dEF1	Meat	100-2000g
dEF2	Poultry	100-2000g
dEF3	Fish	100-2000g

NOTE: The buzzer will sound to remind you to turn the food over during defrosting. If no operation, the oven will continue working.

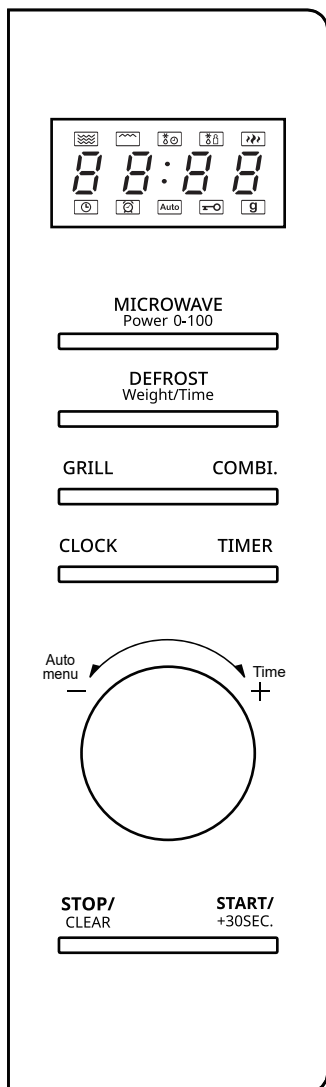


Defrost by Time

1. Press " **DEFROST** " four times and then the screen will display "dEF4".
Weight/Time
2. Press " **START/** " once or turn the knob to confirm.
+30SEC.
3. Turn the knob to set the desired defrosting time. The maximum time value is "95:00".
4. Press " **START/** " to start defrosting.
+30SEC.

NOTE: The buzzer will sound to remind you to turn the food over during defrosting. If no operation, the oven will continue working.

The defrost power is P30 and it cannot be changed.



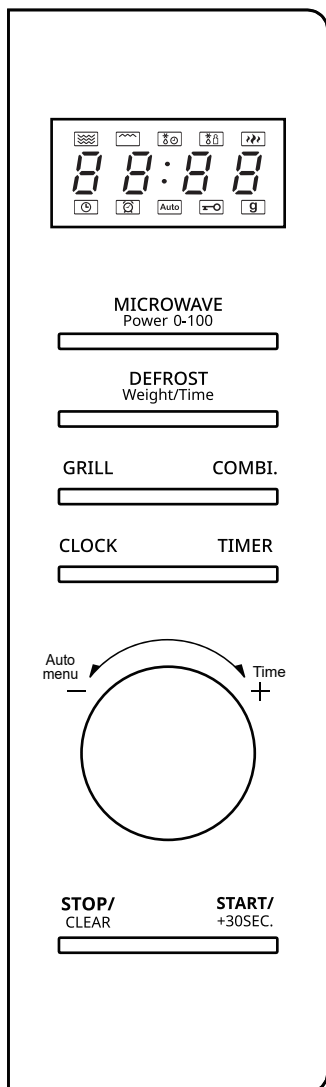
Speedy Cooking

START/

1. In standby mode, press " **START/** " once to cook food at 100% power level for 30 seconds. Each press on the same key can increase 30 seconds and the maximum time value is "95:00".
2. In standby mode, first turn the knob right to set a cooking time at 100% power. Continue to turn the knob to adjust the cooking time. The maximum time value is "95:00".

Press " **START/** " to start cooking.
+30SEC.

NOTE: In the microwave, grill, combination, and defrosting by time cooking state, pressing " **START/** " or turning the knob can change the cooking time. (Except the defrosting by weight and auto menu.)



Multi-Stage Cooking

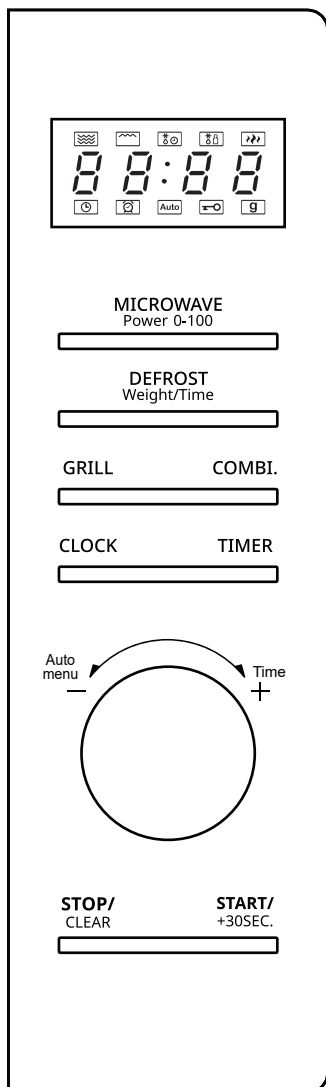
NOTE: Two cooking stages can be set in multi-stage cooking.

If you set the defrost function, it will work automatically in the first stage.

The kitchen timer and auto menu cannot be set as one of the multi-stage.

Example: Defrost food for 5 minutes and then cook with 80% microwave power for 7 minutes.

1. Press "**DEFROST** Weight/Time " four times and then the screen will display "dEF4".
2. Press "**START/+30SEC.** " to confirm.
3. Turn the knob to set the desired defrosting time to 5 minutes.
4. Press "**MICROWAVE** Power 0-100 " once and then "P100" will display.
5. Press "**MICROWAVE** Power 0-100 " repeatedly to set the power level to P80.
6. Press "**START/+30SEC.** " to confirm.
7. Turn the knob to set the cooking time to 7 minutes.
8. Press "**START/+30SEC.** " to start cooking.



Lock Function for Children

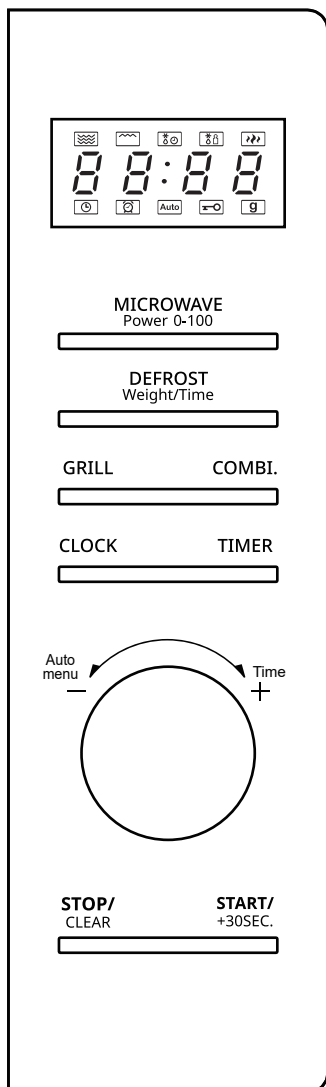
You can use this function to disable the screen buttons and prevent your child from accidentally turning the oven on.

To activate the lock:

In standby mode, press and hold "**STOP/**" for three seconds. A beep sounds, and the locked icon will display.

To deactivate the lock:

In locked state, press and hold "**STOP/**" for three seconds. A beep sounds.



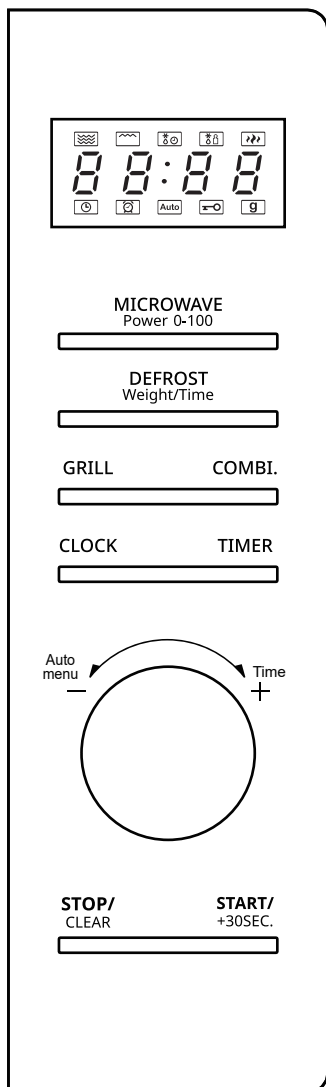
Auto menu

1. First turn the knob left and then "A-01" will display.
2. Continue to turn the knob to choose the menu you need. The 8 auto menus are available.
3. Press " **START/** +30SEC. " to confirm.
4. Turn the knob to set the weight of the food. **START/** +30SEC.
5. Press " **START/** +30SEC. " to start cooking.

Auto Menu Chart

Menu	Weight	Display	Power
A-01 Reheat	200g	200g	P100
	400g	400g	
A-02 Meat	250g	250g	P100
	350g	350g	
	450g	450g	
A-03 Vegetable	200g	200g	P100
	300g	300g	
	400g	400g	
A-04 Pasta	50g (with 450g cold water)	50g	P80
	100g (with 800g cold water)	100g	
A-05 Potato	1 (230g)	1	P100
	2 (460g)	2	
	3 (690g)	3	
A-06 Fish	250g	250g	P80
	350g	350g	
	450g	450g	
A-07 Beverage	1 (120g)	1	P100
	2 (240g)	2	
	3 360g)	3	
A-08 Popcorn	50g	50g	P100
	100g	100g	

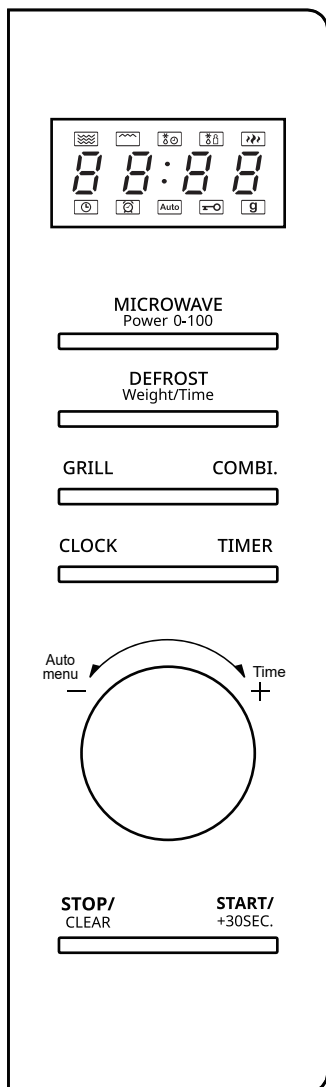
NOTE: It is necessary to first turn the knob left in the standby mode for selecting "Auto Menu". First turning the knob right will enter the cooking time of speedy cooking.



ECO Function

To enter ECO mode:
In standby mode, press "**STOP/**
CLEAR" once or if there is no operation within five minutes. The screen will turn off.

To cancel ECO mode:
In ECO mode, pressing any key, turning the knob, opening or closing the door will cancel it.



Inquiring Function

1. If the clock has been set, the current time will display for three seconds by pressing "**CLOCK**" in the cooking state.
2. In the microwave, grilling, and combination cooking state, press "**MICROWAVE**" " "**GRILL**", or "**COMBI.**" to inquire about the power level or cooking mode. It will display for three seconds.

How to...

...clean your microwave

Make sure the microwave is disconnected from the power and is completely cool before cleaning. Failure to keep the microwave clean can lead to deterioration in the interior that could affect the life of the appliance and result in a hazardous condition.

1. When food or liquids stick to the microwave walls, wipe clean with a damp cloth (do not use harsh detergents or abrasives).
2. You can clean the outside of the oven with a damp cloth and dry with a soft dry cloth. Don't allow water to seep into the ventilation openings.
3. Wipe the door and window on both sides regularly along with the door seals and adjacent parts with a damp cloth to remove spills or spatters. Do not use abrasive cleaners.
4. The waveguide cover is on the right side of the oven – this is where microwaves pass through to cook your food. NEVER remove the waveguide cover. It must be kept clean at all times by wiping with a mild detergent and water, then allowing to dry.
5. Do not allow the control panel to become wet. Clean with a damp cloth and dry thoroughly.
6. If steam builds inside or around the microwave door, wipe away with a damp cloth.
7. If the inside of the microwave smells, mix the juice and skin of a lemon with some water in a microwavable bowl. Place in the microwave and heat for 3 minutes on full power, then wipe the inside of the microwave thoroughly with a dry cloth.
8. Regularly clean the turntable support and oven floor by wiping the bottom of the oven with a mild detergent and water, then drying with a cloth. The turntable can be washed in warm soapy water, then dried thoroughly before placing back inside the microwave. Always make sure it is fitted back in correctly.

How to...

...solve common problems

Problem

If the microwave doesn't work.

What to do

1. Ensure it is plugged in securely.
2. Check the mains fuse has not been tripped (if it has, reset the fuse).
3. See if another appliance works when plugged into the same socket (if it doesn't, the socket may be faulty).
4. If the socket works, replace the fuse.

Problem

If the microwave will not heat food:

What to do

1. Check the timer has not been set.
2. Ensure the door is securely closed (as a safety feature, if the door is not fully shut the microwave will not operate).
3. See if the child lock is in operation.

Specifications

Rated voltage:	230-240V ~ 50Hz
Operating frequency:	2450 MHz
Power output microwave:	900 W
Power input grill:	900-1000 W
Outside dimensions:	280mm (H) x 472mm (W) x 379 mm (D)
Oven capacity:	23 Litres
Weight (Approx):	13.06kg

Energy Consumption

Product information for power consumption and maximum time to reach applicable low power mode.

Off mode

0.5 W

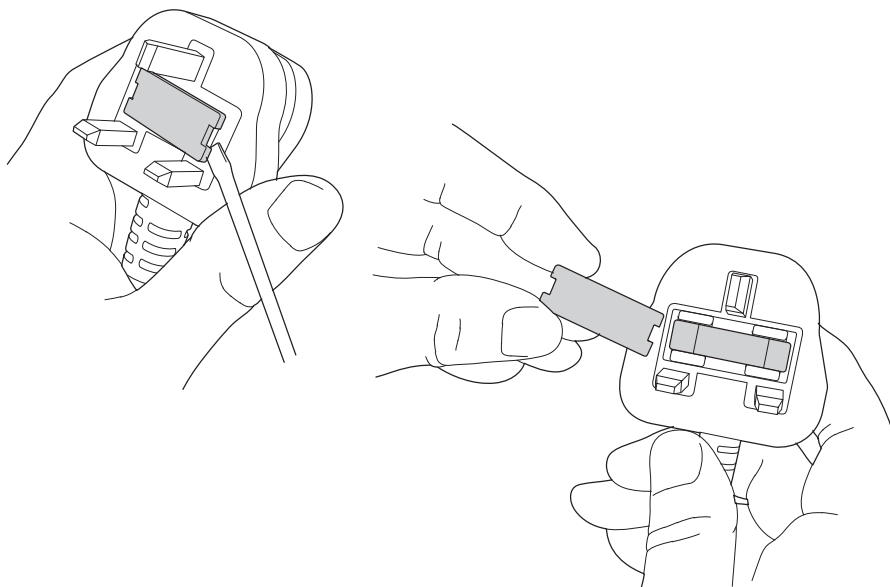
The maximum time needed for the microwave oven to automatically reach the applicable low power mode or condition.

20 minutes

How to...

...change the fuse

1. Only use a 13 amp fuse.
2. To change the fuse, place a screwdriver into the recess of the plug cover and pull the fuse holder upward until it's free.
3. Slide the fuse out and pop in the replacement.
4. Slot the fuse holder back into the recess and push down until it locks into place.



Notes...

Notes...

Notes...



If for any reason you're not completely satisfied with our product, return it within 100 days with your proof of purchase, and we'll give you an exchange or a refund.

UK Mainland stores only.

Excludes franchises.

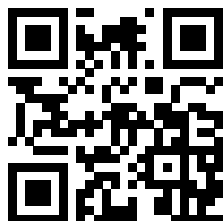
The guarantee excludes flat pack furniture, which can't be returned if it has been partly or fully assembled unless faulty or mis-described.

Also excludes mattresses, which can't be returned for hygiene reasons once used, unless faulty or mis-described.

Need something else?

www.GEORGE.com

We have a wide range of accessories and other products that can be ordered direct to your door.



For PDF copy of this manual please scan QR code and search for model number

ASDA
technical support
0333 600 7700

Customer services information

If you have any problems, need more information or spare parts, or even just some advice on your product, then don't hesitate to contact customer services at the telephone number or address shown opposite. N.B. When calling or writing please have your product site code handy.

Call

0800 952 0101

Write

ASDA, Leeds LS11 5AD

Product name: **GHMON131B5M 23L Microwave grill**

Product site code: **15A.06.25.065**



To qualify for the 2 year warranty the appliance must have been used according to the manufacturer's instructions. For example kettles should have been regularly de-scaled.

If your appliance stops working or develops a fault then return it to your nearest store and we will happily replace or refund the item, with exception of the below exclusions:

EXCLUSIONS

ASDA shall not be liable to replace goods under the terms of the warranty where:

1. The fault has been caused or is attributable to accidental use, misuse, negligent use or use contrary to the user manual's recommendations or where the fault has been caused by power surges or damage caused in transit.
2. The appliance has been used on a voltage supply other than that described on the product rating label.
3. Repairs have been attempted by persons other than our service staff (or authorised dealer).
4. Where the appliance has been used for hire purposes or non-domestic use.
5. ASDA are not liable to carry out any type of servicing work, under the warranty.

This warranty does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This warranty is offered as an additional benefit and does not affect your statutory rights as a consumer.

If for any reason this item is replaced during the 2 year warranty period, the warranty on the new item will be calculated from original purchase date. It is vital to retain your original proof of purchase to indicate the date of initial purchase.

Copyright

© 2025 ASDA Stores Limited.

All other trademarks appearing herein are the property of their representative owners. Specifications are subject to change without notice.

Manufactured for:

ASDA, Leeds LS11 5AD/ASDA, Antrim BT41 4GY.

Disposal

This symbol on the product or in the instructions means that your electrical and electronic equipment should be disposed at the end of its life separately from your household waste. There are separate collection systems for recycling in the UK.

For more information, please contact the local authority or your retailer where you purchased the product.

