

**Media Release
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HEALTHY COOKING WITH SHARP STYLE

Sharp has this month released a microwave oven which will not only cook healthy meals at the touch of a button, but will add an extra touch of elegance to any kitchen.

The new **R-397JS** touch control microwave oven features 1200W of power and a 320mm glass turntable, in a modern stainless steel design with a hidden control panel.

The **R-397JS** includes all the convenient features Sharp is renowned for, such as express defrost function which rapidly defrosts 0.5kg of fish fillets, chicken fillets and sausage/mince; easy defrost for steak, chops, mince meat roast meat, poultry and chicken pieces; reheat menu for beverages, dinner plate meals, pies and pizza; instant cook for fresh vegetables, jacket potatoes, frozen vegetables, rice and pasta; as well as a child lock, alarm function, five power levels, timer and push open door.

In addition, the **R-397JS** also has a healthy menu feature, which was developed with the health conscious in mind, to offer consumers a low fat meal alternative. Choose from 10 delicious recipes for a healthy meal solution which are all pre-programmed for your added convenience.

New low fat healthy menus include: Mediterranean Chicken, Chinese Beef, Sesame Prawns, Garlic and Chilli Baby Octopus and Salad, and Lemon Fish Fillets. Vegetarian options include: Spinach and Ricotta Cannelloni, Vegetables with Hokkien Noodles, Spring Vegetable Rice Bake, Herbed Jacket Potatoes and Vegetable Couscous.

Deputy Managing Director of Sharp Corporation of Australia, Denis Kerr, said Sharp is dedicated to helping Australians prepare healthy, low fat meals quickly and easily.

“Sharp has had amazing success with our pre-programmed menus and the **R-397JS** offers even more fantastic features, such as low fat and vegetarian meals prepared quickly and easily with easy recipes in the manual,” Mr Kerr said.

The **R-397JS** is available now and has a RRP of \$362.

For further information on Sharp products, call 1300 135 530 or visit www.sharp.net.au.

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