

MEDIA KIT 2023



Real Food, Real People

Premieres **7.30pm Monday 4 September**



Introduction



Celebrity Chefs Manu Feildel and Colin Fassnidge join forces as co-hosts, judges and good mates in an exciting new season of Australia's favourite cooking show, **My Kitchen Rules**, when the series premieres 7.30pm Monday, 4 September on Channel 7 and 7plus.

Manu and Colin travel across the country to meet Australia's most passionate home cooks – real people, cooking real food, in their own homes, for the chance to be crowned **MKR** Champions and take home a \$100,000 cash prize.

Joining Manu and Colin this season is international food superstar Nigella Lawson. Nigella returns to judge finals week at Kitchen HQ where the qualifying teams will compete in a high pressure cook-off.

MKR is produced by ITV Studios Australia for the Seven Network.

Meet the 2023 Teams

Tommy, 30, and Rach, 30

Just Friends - Western Australia

Sonia, 53, and Marcus, 23

Mother and Son - South Australia

Radha, 26, and Prabha, 26

Identical Twins - New South Wales

Coco, 31, and Pearls, 36

Feisty Friends - New South Wales

Nick, 36, and Christian, 34

Food Maestros - Victoria

Claudean, 52, and Anthony, 49

Married Battlers - Queensland

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#MKR



You are back at the head of the table on MKR? What do you love most about this show?

It's always a pleasure working on **MKR**, even better this year as I got to work with one of my best mates: Colin Fassnidge. We had a lot of fun filming this season. I love travelling around this beautiful country and discovering home cooks every year.

Nigella Lawson is returning to MKR this season. What's the best thing about working with her?

With Nigella, what you see is what you get. It's lovely because sometimes you get disappointed when you meet someone for the first time and they turn out to be different than you think they would be, but Nigella is exactly what I thought she was. She's a lovely woman.

How hard is the competition this time?

Not harder than any other season. It's the whole other stuff that contestants are not prepared for. They come into the competition thinking they are going on a holiday, but as soon as the competition starts, they realise how difficult it is.

What is the recipe of success on MKR?

You've just got to take the competition seriously and stay consistent. Cook on a daily basis, even when you are not competing, to get close to perfection.

What was the standout dish for you this season?

Blue cheese cigar with fig jam.

In your opinion, what's the biggest mistake a team can make in the kitchen?

Not tasting their food before sending it to us.

MKR is a pressure cooker environment. What's your advice for avoiding stress in the kitchen?

It's hard to avoid stress, but the contestants should try to enjoy themselves. Just walk into the kitchen and cook the way you'll cook for your friends and family.

What do you first notice when you enter an instant restaurant?

The mood around the table – sometimes it's good, sometimes electric.

Who are your dream dinner party guests?

The crew from *Seinfeld*: Jerry (played by Jerry Seinfeld), George (played by Jason Alexander), Kramer (played by Michael Richards) and Elaine (played by Julia Louis-Dreyfus). Imagine how much laughter we'll have on the table.

Nigella and Colin are coming to your place for dinner, what would you cook for them?

I'll either cook them bouillabaisse, a seafood stew from South of France, or a cassoulet.



Colin Fassnidge

CO-HOST & JUDGE



What do you like best about working with Manu?

We are sort of a yin and yang. We both play off each other, we know what the other likes and doesn't like and we don't always agree with each other, which is a good thing. We hang out together on our days off. I'm working with one of my best mates.

What's the one thing you learnt from working with Nigella?

I learned not to swear. I'm on my best behaviour when I'm around her because she's one of my idols.

How hard is the competition this time?

I think it's pretty fierce. We've got some great competitors, the food rivalry is in there, people trying to outdo each other. The competition is really good this year, the contestants have stepped it up.

Has anything surprised you about this year's teams?

I loved the cuisines from different countries. We've judged food from India, Australia, Lithuania and Italy, we really travelled the world in this one.

What is the recipe of success on MKR?

Stay consistent and taste your food before presenting. It takes a lot of hard work. You gotta keep your mind in the game, one point can send you home.

What was the standout dish for you this season?

I loved the lamb curry. It was amazing.

What are your top three kitchen rules?

Work tidy, taste your food and have fun.

Will we see a lot of 10s this season?

There are too many 10s. I'm actually embarrassed as I've been known for giving twos.

What's the one dish you'd like to see on a MKR menu?

Good old Irish colcannon and an Irish stew. I just want some Irish people on the show.

Who is your home cook hero and why?

Nigella is my home cook hero and crush. You'll see that in the show.

Nigella and Manu are coming to your place for dinner, what would you cook for them?

I will do a pork suckling pig shoulder with colcannon, which is an Irish mash accompanied with my green sauce, which Manu hates but I give it to him all the time.



Nigella Lawson JUDGE



How was your experience this season different than the last season?

Last year, I took part in round one of the Instant Restaurants, and this year I came only to be in Kitchen HQ, so I've now been at both ends of the spectrum. I did adore travelling and visiting people's homes and getting to know everyone last year, but I so enjoyed the experience this year, as I was fantastically impressed with the teamwork and talent on display.

What do you love most about MKR?

I love the way MKR showcases home cooks in all their variety: there's not one way to cook, one way of looking at food, and I really feel that this show allows cooks to be who they are, while at the same time giving them opportunities to learn and broaden their scope.

How was it like sharing the judging duties with Colin & Manu?

It was a lot of fun. They are a bit of a handful, but I expected that. But for all that it was fun, and it was also deeply serious, as we had very difficult choices to make.

Has anything surprised you about this year's teams?

I was surprised by how strategic – in a good way – some of the teams seemed to be this year. Perhaps because I met teams only after they had done well in their Instant Restaurants, they struck me as focussed on winning, not just cooking; which, after all, is what taking part in a competition has to be about.

What are the markers of a good home cook?

The most important quality in a home cook is palate, but of course it's essential to have the skills to make food taste the way

it should. What this calls for is attention to detail, respect for the ingredients, and to focus at all times on how the food will taste when everything's together on the plate. And that has to be driven by the desire to give pleasure to those you're feeding.

What do you think is the key ingredient for any successful dish?

Salt. Under-seasoning is a killer. Even a dessert needs salt to make the flavours sing.

Name three ingredients that never run out in Nigella's kitchen.

Anchovies, lemons, butter.

What is your most recent food discovery in Australia?

I can't get enough of native Australian greens – when I'm here I eat as much saltbush, karkalla leaves and warrigal greens as I can. Kylie Kwong introduced me to them at her Sydney restaurant. You are so lucky in Australia with your natural bounty and wonderful produce.

Do you remember the first dish you ever cooked?

Proper mayonnaise when I was six and my sister, Thomasina, was five. My mother got us to make it together. One of us whisking the egg yolks with an old-fashioned balloon whisk; the other slowly dripping in the oil. There was no measuring or weighing, just pouring and whisking. I still make it like that today when I want proper, old-fashioned mayonnaise. I do often make garlic mayo with a stick blender these days, too, though I can feel my mother's ghostly disapproval as I do so.



Tommy & Rach

WA • JUST FRIENDS



Close friends Tommy and Rach can easily be mistaken for a loved-up couple with the amount of affectionate touches and glances they share, but alas, they are completely platonic.

Tommy is a self-confessed creative soul, freelancing in branding and graphic design. Rach works in fashion, styling and modelling. She moved to Melbourne in 2019 for a new pace of life, but still calls East Fremantle in Western Australia her home. They met over two years ago and instantly connected over similar interests and hobbies.

These confident and spiritual hipsters often host gatherings with other creative types and have been known to set up dining tables on the nature strip in the middle of the street. Their strength is their communication, but Tommy can push Rach's buttons.

What is your signature dish and what makes it so special to you?

Tommy: I don't believe in signature dishes. To me, it's not what you cook but more so who you're cooking for, who you're in company with.

Rach: Lamb French cutlets with herbs from my garden.

What are your five must-have fridge staples?

Tommy: Mushrooms, coconut yoghurt, cheese, bacon, seeded mustard.

Rach: Tuscan kale, blueberries, Greek yoghurt, jalapeno salsa, lamb/beef mince.

Food vice/guilty pleasure?

Tommy: A good meat/cheese platter is hard to beat.

Rach: Indian curries.

How would you describe your team dynamic?

Tommy: Rach and I have amazing communication. We are super complementary. She's very micro and I am super macro. Yin and yang.

Rach: Playful, focused, and supportive.

Why did you want to compete on MKR?

Tommy: Challenge myself, have an adventure, and to get outside my comfort zone.

Rach: Why not? Life's short.

What type of food are you know for?

Tommy: I am a mean cheese platter artist. My mates know me for putting together the perfect platter.

Rach: Fresh, vibrant and flavour packed.

Who do you think is your competition on MKR?

Tommy: Nick and Christian – very similar cuisine/cooking style to us.

Rach: Literally everyone. It's fierce out there.

Can you remember the first dish you ever cooked?

Tommy: I used to cook a lot of jams and curds with my nana when I was younger.

Rach: Baking a chocolate cake with my nana.



Radha & Prabha

NSW • IDENTICAL TWINS



Inseparable identical twins Radha and Prabha think they have the secret recipe to win the competition: their telepathic powers. They hope their ability to read each other's minds will help them win the title of **MKR** champions.

Raised by a single mother after their father passed away when they were two years old, cooking has helped Radha and Prabha feel connected to their strong, caring mother while keeping their father's memories alive.

The twins are passionate about helping others. Prabha works in cancer research and Radha is currently training to be a lawyer.

Prabha, who was born two minutes before her sister, takes her role as the bossy older twin very seriously. Although they describe themselves as a lot of fun together, they often end up arguing before realising they both mean the same thing.

What would you do with the money if you win?

Both: Open a small café.

Prize money aside, what do you hope to get out of this experience?

Radha: The ability to experience new food adventures.

Prabha: To achieve a culinary experience all over Australia.

Can you remember the first dish you ever prepared?

Radha: Spaghetti bolognese.

Prabha: My mum taught me to cook my first dish: pumpkin curry with roti.

What is your signature dish?

Radha: Creamy chicken korma.

Prabha: Potato and chickpea curry with puri and raita.

Food vice/guilty pleasure?

Radha: Sour cream, chilli sauce, wedges.

Prabha: Chocolate lava cake.

How would you describe your team dynamic?

Radha: Our team dynamic is very unique – especially when we can read each other's thoughts.

Prabha: Unique and wonderful.

Why did you want to compete on MKR?

Both: To showcase our home-cooked food taught by mum.

Who do you think is your competition on MKR?

Both: Everyone.

What is your go-to main dish for guests?

Radha: Butter chicken.

Prabha: Creamy chicken with rice.



Sonia & Marcus

SA • MOTHER AND SON



Mother and son, Sonia and Marcus, are loud, passionate and sure to entertain in and out of the kitchen. These two love each other deeply but their relationship is tumultuous, and they fight like cats and dogs.

High-school teacher Sonia grew up watching her mother cook. She boasts an impressive library of over 1,000 cookbooks. Marcus describes his mother as a powerhouse and lioness who shows her love through food but he's wary of her "Italian temper".

Marcus is highly energetic, unfiltered, chaotic, and messy. He owns a food photography and videography business. He regularly posts entertaining food content for his thousands of followers on Instagram and TikTok.

Sonia gets outraged by the tornado Marcus leaves behind, and in turn, Marcus gets frustrated with Sonia's perfectionism.

How would you describe yourself as a cook?

Sonia: I am a curious cook who takes every opportunity to learn from people around me.

Marcus: Determined. I practice and I adapt constantly because I'm determined to grow and reach my potential.

What is your signature dish and what makes it so special to you?

Sonia: Orange chiffon cake. It's a favourite in our house.

Marcus: A steak sandwich. Simple I know, but sometimes the simple stuff done properly is the best.

What are your five must-have pantry staples?

Sonia: Flour, sugar, tinned tomatoes, pasta and rice.

Marcus: Bread, peanut butter, crackers, flour and as many seasoning options as possible.

Food vice/guilty pleasure?

Sonia: Hot chips and gravy.

Marcus: Carbs. If it has bread or something that makes you feel obnoxiously full, sign me up.

What are your top tips for stress-free entertaining?

Sonia: Don't get too fancy. Use your freezer for make-ahead desserts. Be spontaneous.

Marcus: Invite people who are grateful and just appreciate food, regardless of how it's made or served.

How would you describe your team dynamic?

Sonia: Determined and enthusiastic.

Marcus: We fight a lot, but for the good of the cause, right?

Why did you want to compete on MKR?

Sonia: To learn from the judges and other contestants, and to share the knowledge with others.

Marcus: Mum is a superfan of the show, so when the team reached out, it felt like a sign. We had to do it.

What is your go-to main dish for guests?

Sonia: Meat stuffed olives. Roast with all the trimmings.

Marcus: Sandwiches I'd say. But after this competition, probably much more.



Coco & Pearls

NSW • FEISTY FRIENDS



These confident alpha-women are coming in hot and they have a plan. They know what they like, what they want and how to get it.

New Zealand-born Coco is a pop singer who prides herself on her good looks and personal hygiene. Headstrong and determined, Czech Republic-born Pearls confesses to stalking chefs online before selecting a venue, so she knows what she's paying for.

These ladies are hoping to distract the other teams with beauty and charm before surprising them with their exceptional cooking skills.

Coco and Pearls are direct, outspoken and are sure to be critical. They confess to being "a little bitchy" when dining out and are well known in their friendship circle to send food back, complain to waitstaff and write reviews online.

How would you describe yourself as a cook?

Coco: Healthy, creative, calm, fun.

Pearls: Passionate. You never leave hungry when I cook. I hate following recipes, they confuse you.

What is your signature dish?

Coco: Parmesan crusted lamb cutlet, tastes good.

Pearls: There are a few but I love my BBQ pork ribs with whiskey parsnip puree and homemade gnocchi.

What are your must-have pantry staples?

Coco: Marmite, avocados, eggs, chai, popcorn, pasta.

Pearls: Pomegranate molasses, garlic, onion, flour, salt and pepper.

What food/s could you not live without?

Coco: Popcorn, avocado, salt, bread, cereal, marmite.

Pearls: BBQ meat, slow-cooked, braised.

What does cooking and food mean to you?

Coco: Togetherness, love, joy, warmth, serving, care.

Pearls: Surrounding yourself with people you love and show them you value them through cooking.

How would you describe your team dynamic?

Coco: Communicative, fun and patient.

Pearls: Fire and water.

What is your favourite go-to entrée?

Coco: Tuna tartare.

Pearls: I love making scallops with miso or steak tartare with potato gratin.

Why did you want to compete on MKR?

Coco: Get better at cooking, to experience and win the show.

Pearls: To be challenged and recognised.

What type of food are you known for?

Coco: Beautiful pastas.

Pearls: There are a few: homemade gnocchi with forest mushrooms from my home country Czech Republic.

Who do you think is your competition on MKR?

Coco: Nick and Christian.

Pearls: Everyone and sometimes ourselves, our weaknesses.



Nick & Christian

VIC • FOOD MAESTROS



These best mates met 12 years ago while studying drama at university when Nick was nursing a bad breakup and Christian took him under his wing. After they started living together, they realised their shared love for food, dinner parties, sci-fi and working in hospitality.

Restaurant supervisor Christian is quite competitive and loves watching the chefs at work to learn. Nick works as a venue manager for a pub. During lockdown, they began cooking on TikTok, amassing 900k views.

The duo work well together in the kitchen and believe they are in sync, but both admit they butt heads as they're very competitive.

Nick and Christian are inspired by Greek and Mediterranean dishes, as well as modern Australian. They also love their meat.

How would you describe your personality?

Nick: Workaholic. Introverted extrovert. I treat other people the way I want to be treated.

Christian: Fun and loud.

How did you learn to cook?

Nick: My mother started my cooking journey, teaching me dishes she would make for us. After I started working in hospitality, I was inspired to learn more.

Christian: Originally from mum, then learnt from asking different chefs about cooking processes.

How would you describe yourself as a cook?

Nick: I would describe myself as an intuitive cook who is inspired by the hospitality industry.

Christian: Neurotic and fun.

What is your signature dish and what makes it so special to you?

Nick: Lemon roasted chicken with potatoes.

It's my go-to meal, something I love to make for friends.

Christian: Pork belly. It's the dish that started this whole journey.

What food/s could you not live without?

Nick: Greek oregano and just Greek food in general.

Christian: Beef and pork.

How would you describe your team dynamic?

Nick: Our dynamic is solid. We understand each other very well and know when to push or pull. There's a lot of trust.

Christian: Hard-working. A true team.

What is your favourite go-to entrée?

Nick: Octopus or calamari.

Christian: Calamari. Grilled body, fried tentacles, spiced aioli.

Who do you think is your competition on MKR?

Nick: Sonia and Marcus, and Radha and Prabha. They are all great cooks who really understand their food styles.

Christian: Radha and Prabha.



Claudean & Anthony

QLD • MARRIED BATTLERS



A fiery Italian and a super chill Samoan with the hearts of gold and a dream to feed kids in need, Claudean and Anthony were brought together by destiny. Twenty-five years later, they have a blended family and two kids of their own.

The husband and wife duo are like chalk and cheese. Claudean is loud, opinionated and tough; Anthony is warm, friendly, patient and calm. Together they run a food market stall where they sell traditional Italian dishes, sauces and desserts. When Anthony's not helping Claudean with prep, delivery and customer service for their stall, he manages his floor sanding business.

Claudean's life before Anthony was full of trials and tribulations. She uses cooking as a tool to help deal with trauma.

How would you describe your personality?

Claudean: Loud, big, open, truthful, respectful, soft/hard, funny.

Anthony: Outgoing.

Can you remember the first dish you ever prepared?

Claudean: A cheesecake scone I learnt in cooking class in Year 7.

Anthony: Eggs on toast.

What is your signature dish and what makes it so special to you?

Claudean: Spaghetti and meatballs: it's my childhood on a plate.

Anthony: Italian chicken. It was taught by my Claudean's dad.

What are your top tips for stress-free entertaining?

Claudean: Cook food you know and love to cook.

Anthony: Just be yourself.

Prize money aside, what do you hope to get out of this experience?

Claudean: I've already gained self-confidence and self-love, something I've been trying to achieve for a very long time.

Anthony: Knowledge.

How would you describe your team dynamic?

Claudean: We are the A-team in life and in the kitchen. I am the leader and often change my mind.

Anthony: Awesome.

What is your favourite go-to entrée?

Claudean: Garlic prawns in a marinara sauce.

Anthony: Chinese deep-fried entrees.

Why did you want to compete on MKR?

Claudean: It was an opportunity that was presented to me and I feel like we deserve this once in a lifetime opportunity.

Anthony: To show off my wife's cooking skills.

Who do you think is your competition on MKR?

Claudean: No one to be really honest. Everyone is very stressed about cooking at Kitchen HQ.

Anthony: Chris and Aaron.

