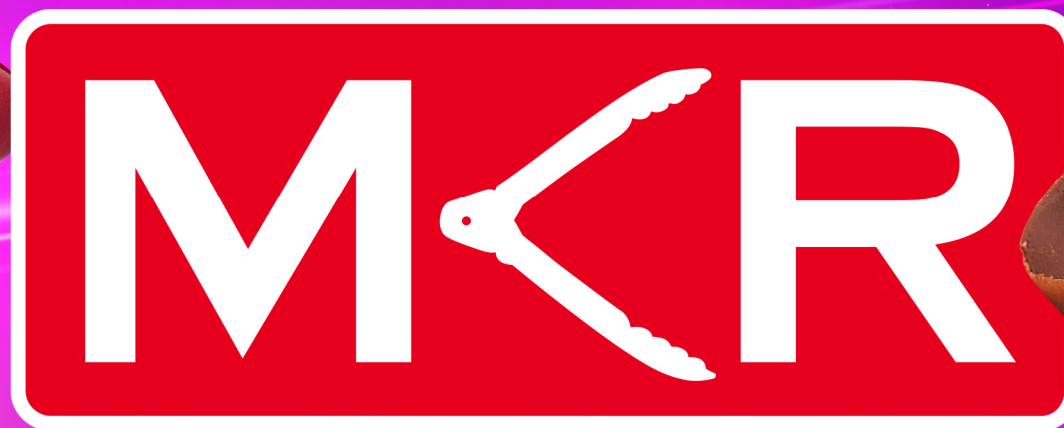


MEDIA KIT 2023



The Gatecrashers

7.30pm Monday, 18 September



Overview



Celebrity chefs Manu Feildel and Colin Fassnidge have added a surprise ingredient to the **MKR** recipe: three brand new teams of home cooks fighting to take out the title of **MKR** champion.

Manu and Colin travelled across the country as six amazing teams took turns transforming their homes into magnificent Instant Restaurants, plating up three-course meals designed to impress the judges and their fellow teams.

At the end of the first Instant Restaurant round, identical twins Radha and Prabha secured first place on the leaderboard with a combined score of 87 sending them straight to the Semi-Final. Friends Tommy and Rach came in second with a combined score of 78, securing them a place in the Quarter-Final.

Sadly, Coco and Pearls' **MKR** journey ended as they found themselves at the bottom of the leaderboard with a combined score of 50.

The remaining three teams – Sonia and Marcus (combined score 71), Nick and Christian (combined score 66), and Claudean and Anthony (combined

score 53) – are back on the road to cook for redemption.

The three original teams and the three new "gatecrasher" teams will set out for the second round of Instant Restaurants before the finalists battle it out in Kitchen HQ, where international superstar Nigella Lawson joins Manu and Colin as a judge.



Gatecrashers



Meet the Gatecrashers

Aaron and Chris

BBQ Champions – South Australia/New South Wales

Amber and Mel

Childhood Friends – New South Wales

Patricija and Brigita

Sisters – Queensland

Teams cooking for redemption

Sonia and Marcus

Mother and Son – South Australia

Nick and Christian

Food Maestros – Victoria

Claudean and Anthony

Married Battlers – Queensland

Fast-tracked Semi-Final team

Radha and Prabha

Identical Twins – New South Wales

Fast-tracked Quarter-Final team

Tommy and Rach

Just Friends – Western Australia

Eliminated team

Coco and Pearls

Feisty Friends – New South Wales

Get Involved



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#MKR

Aaron & Chris

SA/NSW • BBQ CHAMPIONS



BBQ buddies Aaron and Chris met on Instagram in 2018 and bonded over their love of meat. Since then, they've raised the stakes by teaming up to take on and win BBQ competitions around Australia.

Ex-butcher Aaron runs Australia's largest BBQ-dedicated YouTube channel. He has a real passion for American-style BBQ and smoking meats. Chris quit his busy job in the corporate world to become a stay-at-home dad when his twin sons were born prematurely at 24 weeks.

Known for their epic pork crackling and homemade ice cream, Aaron and Chris hope to create a touring BBQ masterclass to share their love and passion for all things smoke and grill.

How would you describe your personality?

Aaron: Outgoing, fun, focused, impatient and competitive.

Chris: Happy, outgoing and extroverted.

How did you learn to cook?

Aaron: My mum started teaching me as a child, and the rest is self-taught through my years as a butcher.

Chris: Self-taught.

Can you remember the first dish you ever cooked?

Aaron: Spaghetti bolognese.

Chris: Pikelets with jam and cream.

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

Aaron: Smoked brisket. It requires knife skills, and they are hard to perfect.

Chris: Crispy pork belly. It's my wife's favourite.

How would you describe yourself as a cook?

Aaron: I'm focused, composed and manage time well.

Chris: A curious cook who enjoys various flavours and cuisines.

Why did you want to compete on MKR?

Aaron: To challenge myself and to show my boys you can chase your dreams.

Chris: For the title of MKR champion.

What type of food are you known for?

Aaron: BBQ.

Chris: Pork belly and ice cream.



Amber & Mel

NSW • CHILDHOOD FRIENDS



Childhood best friends Amber and Mel are self-proclaimed dance mums. They are resilient, persistent and competitive as hell!

Amber is quick-witted and not afraid to tell it how it is, like it or not. Mel is the more diplomatic of the two and prides herself on giving constructive criticism. She describes herself as a high-achiever and hopes to add **MKR** champion to her list of achievements.

Mel married into a Lebanese family and hopes to incorporate her in-laws' recipes with a fusion of her Australian background.

When Amber and Mel cook together, their energy is contagious. With wine, some music and a cookbook, the kitchen becomes their stage. They've been known to break into song and dance while cooking up a storm.

How would you describe your personality?

Amber: Fun, bubbly, warm, reliable and honest.

Mel: Enthusiastic, friendly and energetic.

How did you learn to cook?

Amber: Growing up, I would bake with Nana. I learned the basics young and self-taught from there.

Mel: I learned from some family members and then self-taught.

How would you describe yourself as a cook?

Amber: I'm a simple home cook who enjoys using fresh ingredients.

Mel: A home cook who likes cooking wholesome food for my family and friends.

What are your top tips for stress-free entertaining?

Amber: Prep as much as you can in the days leading up.

Mel: Preparing as much as possible before guests arrive.

Why did you want to compete on MKR?

Amber: Mel asked me to.

Mel: For the love of food, adventure and growth as a cook and a person.

What is your go-to main dish for guests?

Amber: A roast of some kind.

Mel: Chicken, halloumi, honey, thyme with rocket salad.

How would you describe your team dynamic?

Amber: Fun.

Mel: Fun, energetic, driven and passionate.



PATRICIJA & BRIGITA

QLD • SISTERS



Intense and opinionated Lithuanian sisters Patricija and Brigita have two things in common: the same birth mother and the ability to elevate the humble potato.

Patricija is a criminal defence solicitor and admits she can rub people the wrong way with her dry sense of humour, lack of emotion and "resting b*tch face."

Brigita is the complete opposite. She is chilled, easy-going and likes to go with the flow.

Patricija is an avid **MKR** fan and loves feeding people but doesn't eat seafood or lamb. Brigita is more adventurous and eats her steak blue.

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

Patricija: An opportunity to spend time with my sister, and to learn from talented contestants and the judges. I also wanted to do something out of my comfort zone.

Brigita: To meet new people and make friends, spend time with my sister, travel around Australia and taste some delicious home-cooked meals.

Food vice/guilty pleasure?

Patricija: Coke No Sugar (cold and in a can is preferred), Korean fried chicken and bread.

Brigita: Dessert after dinner.

What are your top tips for stress-free entertaining?

Patricija: My mum will probably see this, but not inviting my mum and planning ahead.

Brigita: Be prepared before guests arrive and provide them with a cheese platter or entrées on arrival.

How would you describe your team dynamic?

Patricija: We are yin and yang in many ways, but also very independent and focused cooks. We can criticise and guide each other without hurting the other person.

Brigita: We are quite different, but we always have each other's backs. We have different strengths in the kitchen.

Why did you want to compete on MKR?

Patricija: I have always been a fan of the show. I saw it as an opportunity to do something so far removed from my job but also to be involved in my other passion: cooking.

Brigita: To put Lithuania on the map and to challenge ourselves as home cooks.

Who is your competition on MKR?

Patricija: Sonia and Marcus.

Brigita: Any team that sits high on the leaderboard.

What does cooking and food mean to you?

Patricija: An expression of love and creativity.

Brigita: Cooking is a pleasurable and creative outlet; you are in the moment and it's a great way to relax after a long day at work. I love that it also brings people together.

