

LIVING ROOM FACT SHEET

Series 8, Episode 12

DECLUTTER WITH PETER WALSH

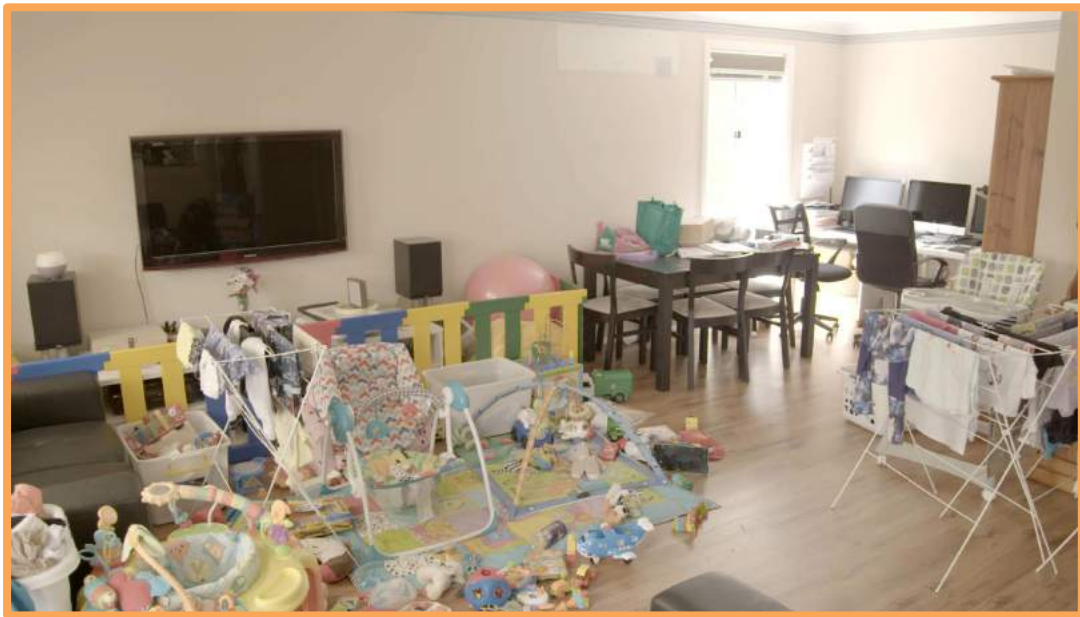
Living Room Clutter Chaos

Since having three kids, Rachel and Jonathan have been struggling with clutter in their home. They've accumulated so much clutter; they don't even know what most of it is. They've called on Peter Walsh, to help them identify what they have and to give them the support they so desperately need to get rid of it.



LIVING ROOM FACT SHEET

Before:









After:



LIVING ROOM FACT SHEET


PRODUCTS AVAILABLE AT BUNNINGS

IMAGE	PRODUCT	PRICE	ITEM #
	37 x 37 x 31cm Seagrass Belly Basket	\$10	0057624
	Marquee 42 x 42cm Black Industrial Bamboo Stool	\$20	0064825
	Zinsser CoverStain 3.75L Primer Sealer Stain Killer	\$76.90	1570001
	Flexi Storage 600 x 240 x 38mm White Matt Floating Shelf	\$25.98	2580884
	Flexi Storage 900 x 240 x 38mm White Matt Floating Shelf	\$29.90	2580885
	Flexi Storage 1200 x 240 x 38mm White Matt Floating Shelf	\$32.98	2580887

LIVING ROOM FACT SHEET

IMAGE	PRODUCT	PRICE	ITEM #
	Clever Cube Compact 1 x 3 White Storage Unit	\$24	2582945
	Clever Cube Compact 2 x 4 White Storage Unit	\$34.90	2582948
	Clever Cube Compact 3 x 3 White Storage Unit	\$44.98	2582949
	All Set 2 Tier White Wooden Shoe Rack	\$18.49	2583482
	Kaboodle 2400 x 600 x 35mm Bamboo Benchtop	\$491	2662191
	Mimosa 120 x 45 x 45cm Timber Outdoor Storage Box	\$229	3190580
	Verve Design Abel Table Lamp	\$35	4371161
	Home Design 185cm Campden Floor Lamp	\$159.90	4371319

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IMAGE	PRODUCT	PRICE	ITEM #
	Verve Design 6W LED Cornelius Touch Desk Lamp	\$79.50	4371351
	Daytek asteroid Pearl 4-Line Retractable Clothesline	\$162	4510662
	Bayliss 155 x 225cm Beige Denmark Pile 100% Wool Rug	\$257	6810206

PAINTS AVAILABLE FROM TAUBMANS






LOCATION	PRODUCT	COLOUR	FINISH
Walls	Endure Interior	Cotton Ball	Low Sheen
Ceilings	Endure One Coat	Ceiling White (with a drop of black)	Flat

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FURNITURE AVAILABLE FROM LOUNGES PLUS



IMAGE	PRODUCT	RRP
	Bath 7 Piece Dining with Extension Table	\$1399
	Bath TV Unit – Large	\$379
	The Lugarno 2.5 Seater Lounge	\$1049





WEBLINKS

For further information on the materials and products used for this Renovation, click on the links below.



www.bunnings.com.au



www.ryobi.com.au



www.taubmans.com.au



www.bingoindustries.com.au



www.loungesplus.com.au



wardrobe.flexistorage.com.au



LIVING ROOM FACT SHEET

TRAVEL WITH CHRIS BROWN

Mungo National Park

Chris heads to what is quite possibly Australia's most underrated attraction - Mungo National Park, a treasure trove of fossils, stunning landscapes, vast lunettes and one of the most beautiful sunsets in the country. He experiences a traditional Aboriginal smoking ceremony, explores Australia's own 'Walls Of China', and learns the unique story of Mungo Man and Mungo Lady, the oldest human remains discovered outside of Africa.

Chris and the crew stayed at Mungo Lodge, a desert oasis just one hour and ten minutes' drive from Mildura. Emus and kangaroos forage in bushes, while guided walks across the lunette expose guests to fossilised animal remains, ancient campsites, remnants of hunting tools, and stunning sunset panoramas. A visit to the historic woolsheds provides insight into Australia's pastoral history, while the Mungo Visitor Centre reveals the story behind the region's previous inhabitants, as well as a series of fossilised footprints discovered in the area, depicting the journey of an indigenous mother and her child.

Visitors to Mungo Lodge can choose from a variety of packages offering tours, accommodation, food, transport and scenic flights.

ACKNOWLEDGEMENTS & WEBLINKS

Produced with the assistance of the **Office of Environment & Heritage, NSW Parks And Wildlife Service**. Filmed on location at Mungo National Park. No environmental damage was incurred on location. The conservation values of the areas have been preserved.

Mungo Lodge. For information regarding accommodation and tours visit:

<https://mungolodge.com.au>

Hanger 51 Air Tours. For scenic flights and charters in the region, visit:

<http://www.hanger51airtours.com.au/>



LIVING ROOM FACT SHEET

FOOD WITH MIGUEL MAESTRE

Anjum Anand Jaffle

Miguel meets TV chef and cookbook author, Anjum Anand to learn about Modern Indian cuisine and prepare a humble dish with international flare. Her Goan Jaffle is a nod to the Portuguese influence in Goa and Miguel's Spanish heritage.

"For me comfort food doesn't always have to be a big pot of curry. When I was young and mum was busy, one of my favourite meals to make myself was a jaffle. While jaffles aren't traditionally sandwiches, both toasted and plain, filled with typical Indian flavours are a popular street food." Anjum Anand,

Goan Jaffle

Prep time: 10 minutes

Cooking time: 10 minutes

Serves: 2

Ingredients

- 1 tbsp vegetable oil
- 1/3 tsp brown mustard seeds
- 1 small-medium onion, thinly sliced
- 10 slices cooked chorizo
- 2 tbs tangy herb chutney (recipe below)
- 2 tbs mayonnaise
- 1 good handful rocket leaves
- Softened butter, for spreading on bread
- Salt and freshly ground pepper



4 slices sourdough or other bread

Tangy herb chutney

60g coriander leaves and some stalks, washed

2 tbs lemon juice, or to taste

20g mint leaves, washed

25g shelled roasted slivered pistachios

2-3 tbs water

Salt, to taste

Method

1. To make the chutney, blend all ingredients until smooth and creamy – it might take a minute or two.
2. Taste and adjust seasoning and tang (with lemon juice) to taste.
3. Keep excess in an airtight glass jar in the fridge or freezer until ready to use.
4. To cook the jaffle, heat the oil in a small pan. Add the mustard seeds and once they are popping, add the onions and cook until soft. Add the chorizo and cook until it has released its oil into the pan and is sizzling. Remove from the heat.
5. Spread the butter (if using – it helps sourdough become golden and crisp) on one side of each slice of bread and turn over.
6. Spread 1 tbs of the tangy coriander chutney on 2 of the slices of bread. Spread the mayo on the other 2 slices. Top with chorizo, onions and rocket.
7. Top with the other slice of bread, butter side up and place in the jaffle maker. Cook until golden and serve hot.