

Series 8, Episode 5

DESIGN CHALLENGE WITH KYAL AND KARA

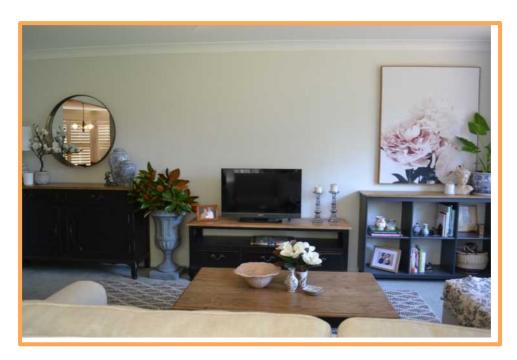
DATED LIVING ROOM

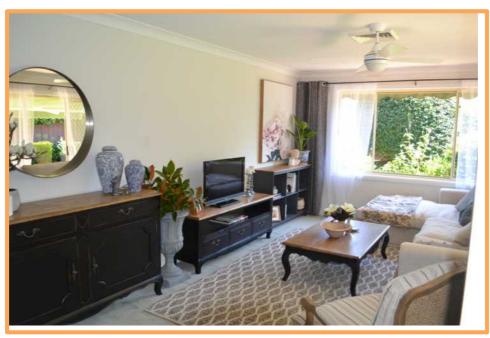
Kyal and Kara go head to head in The Living Room's first Design Challenge for the year. This time they've got to bring Ros and Peter Christopoulos family TV room out of the 90's and into 2019!





KARA'S ROOM:



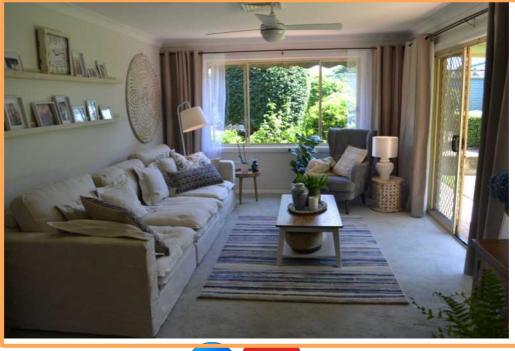






KYAL'S WINNING ROOM!!









PRODUCTS AVAILABLE AT BUNNINGS



| IMAGE | PRODUCT | PRICE | ITEM# |
|-------|--|----------|---------|
| | Windoware 1200 x 2230mm Hilton Blockout Eyelet Curtain – Quartz | \$43.90 | 0019255 |
| | Windowware 1200 x 2230mm Maine Room Darkening Eyelet Curtain – Maine Pepper | \$35.90 | 0019280 |
| | Smart Flooring 160 x 230cm Cotton Floor Rug – Arctic | \$69 | 0021636 |
| | Café Lighting Antique Silver Langley Table Lamp | \$250 | 0028057 |
| | Rouge Living 152cm Asti Floor Lamp | \$199 | 0077033 |
| | Claremont 3000 x 2800mm White Dover Rod Pocket Sheer Curtain | \$12 | 0088215 |
| | Arlex 120cm White Columbus Ceiling Fan with LED Light and Remote Control | \$173.50 | 4370957 |





| | Bondall 250ml Satin Monocel Clear Timber Varnish | \$9.45 | 1520509 |
|--|--|---------|---------|
| | Monarch 50mm Walls Doors and Trims Paint Brush | \$18.50 | 1660270 |
| | Woodhouse 66 x 18mm 5.4m Pine Moulding FJ Pencil Round Primed | \$17.28 | 0020769 |
| | 110 x 18mm 2.7m H3 Finger Jointed L.O.S.P Primed Pine Moudling | \$15.50 | 0020947 |
| | 1220 x 610 x 9mm AA Grade Mixed Hardwood Marine Plywood | \$28.65 | 0320027 |
| The state of the s | Suntuf 900 x 600 x 5mm Clear Acrylic Sheet | \$64 | 1010490 |
| | Monarch 50mm Walls Doors and Trims Paint Brush | \$18.50 | 1660270 |
| | Sika 250ml Sikabond PVA Woodworking Glue | \$12 | 1661863 |







Zenith 10G x 25mm Wafer Head Type 17 Timber Screws – 50 Pack

\$7.80

2420653

PAINTS AVAILABLE FROM TAUBMANS



| LOCATION | PRODUCT | COLOUR | FINISH |
|-----------|----------------------|--------------------------------------|-----------|
| Walls | Endure Interior | Aspen Snow | Low Sheen |
| Ceilings | Endure Interior | Ceiling White – with a drop of black | Matte |
| Trims | Endure Doors & Trims | Miss Universe | Gloss |
| Undercoat | Endure Interior | - | - |





PRODUCTS AVAILABLE FROM EARLY SETTLER



| IMAGE | PRODUCT | ROOM | RRP |
|-------|---|------|---------|
| | Salu Side Table | Kyal | \$229 |
| | Slouch 3 Seater Sofa Natural Textured Weave | Kyal | \$3,498 |
| | Oak Hill Large Bookcase | Kyal | \$799 |
| | Oak Hill Medium TV Unit | Kyal | \$599 |
| | Maine Coffee Table with Shelf – White | Kyal | \$399 |
| | Frieze Wall Panel With Mirror Behind 122x122cm | Kyal | \$399 |
| | Claymont Blu Leaf Jar | Kyal | \$39 |





| | Huxley 3 Seater Chaise – Natural Linen | Kara | \$2,999 |
|---|---|------|---------|
| | Angelique Occasional Chair – Stripe | Kara | \$999 |
| | Light Peonies Canvas Print 100 x 120cm | Kara | \$399 |
| 5 | Provincial Oak Coffee Table Distressed Black | Kara | \$699 |
| | Provincial Oak 3 Drawer TV Unit Distressed Black | Kara | \$899 |
| | Provincial Oak Sideboard Distressed Black | Kara | \$1299 |
| | Maine Pigeon Hole Shelving 900 x 1380mm Charcoal | Kara | \$579 |
| | Eco Sole Tribal Table 35.5cm | Kara | \$99 |
| | Portsea Metal Round Mirror 80 x 10 x 80cm | Kara | \$129 |





WEBLINKS

For further information on the materials and products used in this Design Challenge, click on the links below.



www.bunnings.com.au



www.taubmans.com.au



www.earlysettler.com.au



www.ryobi.com.au





TRAVEL WITH CHRIS BROWN

KILSBY SINKHOLE

Dr Chris Brown travels to South Australia to check out the Kilsby Sinkhole, one of the state's most spectacular natural wonders. It may look like a typical working farm, but hidden among the sheep is a tiny gateway into a world-class dive site. It is renowned for its crystal clear waters, with sunny days penetrating the 65-meter deep limestone cavern with a beam of light.

WEBLINKS

https://www.kilsbysinkhole.com

With special thanks to: South Australian Police www.police.sa.gov.au





FOOD WITH MIGUEL MAESTRE THREE BLUE DUCKS BREAKFAST

Miguel visits Byron Bay's The Farm, a collection of businesses passionate about food that supports the environment and encourages healthy living. Darren Robertson from The Farm's Three Blue Ducks, Miguel prepares a healthy breakfast dish using freshly picked produce.

GREEN EGGS AND FARM SALAD



Prep time - 10 minutes

Cooking time - 10 minutes

Serves - 2





Ingredients

Green eggs

- 2 tbsp thinly sliced garlic scapes (can be substituted for spring onions or garlic chives)
- 2 tbsp roughly chopped carrot tops
- 2 tbsp light olive oil, plus additional teaspoon

Fennel salt (or a mixture of salt flakes and toasted fennel seeds) and freshly ground pepper

- 1 tbsp fennel fronds or dill, roughly chopped
- 4 free range eggs

Salt and pepper

2 slices sourdough

Farm Salad

- 1 medium radish, thinly sliced on mandolin
- 1 baby beetroot, thinly sliced on mandolin
- 1 baby carrot, thinly sliced on mandolin
- 1/4 cup red cabbage, thinly sliced
- 1/4 bunch parsley, leaves and stalks roughly torn
- 1/4 bunch mint, leaves and stalks roughly torn
- Juice of ½ lime and ¼ tsp of lime zest
- 2 tsp olive oil
- Salt and pepper, to taste





Delicate flowers and herbs to garnish, optional

Method

- 1. Heat 2 tbsp olive oil in a large frying pan over a medium heat.
- 2. Sautee the garlic scapes in the olive oil, adding a pinch of fennel salt and pepper. Cook until begins to bubble and smells fragrant.
- 3. Add the carrot tops and fronds/dill and cook for a further minute.
- 4. Push greens to one side of the pan and break the eggs on top of them and fry until cooked to your liking, seasoning with fennel salt and pepper.
- 5. Add additional teaspoon of olive oil to the other half of the pan and add the 2 bread slices, cooking until golden brown on each side. This can be done in two batches depending on the size of your frying pan.
- 6. Meanwhile make the farm salad by combining all ingredients in a bowl and tossing to combine.
- 7. To serve take two plates, placing one piece of toast on one side of each plate, topping with two eggs. Place the dressed salad on the other side of the garnish with herbs and flowers, if desired.

