



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!



LIVING ROOM FACT SHEET

KARA'S ROOM:



LIVING ROOM FACT SHEET

KYAL'S WINNING ROOM!!



LIVING ROOM FACT SHEET

PRODUCTS AVAILABLE AT BUNNINGS




IMAGE	PRODUCT	PRICE	ITEM #
	Windowware 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

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	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 Moulding	\$15.50	0020947
	1220 x 610 x 9mm AA Grade Mixed Hardwood Marine Plywood	\$28.65	0320027
	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

LIVING ROOM FACT SHEET

	Zenith 10G x 25mm Wafer Head Type 17 Timber Screws – 50 Pack	\$7.80	2420653
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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	-	-

LIVING ROOM FACT SHEET

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

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	Huxley 3 Seater Chaise – Natural Linen	Kara	\$2,999
	Angelique Occasional Chair – Stripe	Kara	\$999
	Light Peonies Canvas Print 100 x 120cm	Kara	\$399
	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



THE LIVING ROOM FACT SHEET

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

¼ cup red cabbage, thinly sliced

¼ bunch parsley, leaves and stalks roughly torn

¼ 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.