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THE DOMESTIC GODDESS IS BACK WITH A MOUTH-WATERING NEW SERIES

SIMPLY NIGELLA

AUSTRALIAN PREMIERE

**Wednesdays at 8.30pm EDT from December 2
Only on LifeStyle FOOD**

British culinary queen **Nigella Lawson** returns to LifeStyle FOOD on Wednesday, December 2 at 8.30pm EDT with a scrumptious new series, *Simply Nigella*, to show us what and how to cook to feel more relaxed, healthy and alive.

Filmed in Nigella's stunning new kitchen and as colourful and inspiring as ever, the 6 x 30 minute series introduces viewers to a new, pared-down approach to cooking and eating that doesn't involve a complicated shopping list or hours in the kitchen.

With indulgent feasts for special occasions sitting alongside easy everyday meals, *Simply Nigella* delivers a true sense of balance between lightness and lushness.

In each episode, Nigella uses her recipes to connect with the audience like never before – intimately sharing the story of each dish before it's cooked, revealing just what it is about specific ingredients that makes them her favourites and giving us her best tips to make life easier in the kitchen – and outside of it, too.

From healthy everyday breakfasts and substantial weekend brunches, to stress-free dinners and bowl food that comforts, *Simply Nigella* brings us recipes that are both a pleasure to cook and eat.

Think light and uplifting soups, simple stir fries, one-pot wonders and plenty of baked treats, to desserts that are both indulgent and healthy.

In episode one, Nigella introduces us to recipes that are "quick and calm". There's Nigella's favourite breakfast – her now infamous twist on avocado toast; a deliciously different Thai noodle dish with cinnamon and prawns that was inspired by a recent holiday to Thailand, and a laid back family dinner of luscious lamb ribs, cumin and nigella seeds, served with a feta and avocado salad.

To help the wind down at the end of a hectic day, there's some stove-side pottering with Nigella's warm spiced cauliflower and chickpea salad. And a sweet treat comes in the form of a beautifully simple apricot almond cake.

Simply Nigella is a BBC production for BBC2 (UK) and is exclusive to Foxtel's LifeStyle FOOD in Australia. The series further strengthens LifeStyle FOOD's ongoing investment in exclusive and premium content.

Following the premiere broadcast each week, *Simply Nigella* will be available to watch when you want, on demand, via Foxtel Anytime on internet connected iQ boxes. You can also stream the series on demand on Foxtel Play or Foxtel Go. Foxtel Go is included with all Foxtel residential and Foxtel Play subscriptions at no extra cost.

Nigella Lawson's latest book and companion to the television series, *Simply Nigella: Feel Good Food* is published by Random House Australia.



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