

When you ask Kylie Flavell about her show, she will tell you that she wanted to create something that would encourage people who watched it to follow their heart. To her, that meant leaving her job, moving from Australia to Italy, finding Patrick Drake on a video blog and convincing him to move to Italy and join her. The result is *When Patrick met Kylie — A Love of Food Story*, a food show that airs from Monday to Friday, at 8pm on FOX Life. We spoke to the cheerful couple about the show, their journey and how they fell for each other while filming it.

Kylie, you've had an eventful career! Tell us a little bit about it.

Kylie: I was a journalist, a magazine editor and a publisher. I love to write and I am fascinated by people's stories. Whether I am interviewing someone on camera, or for an article, I think everyone has a story to tell and this is what you will see our show. I end up meeting so many different people! From a shepherd in the mountains and young fashionistas in a nightclub, to a fisherman on an island — I just can't help talking to strangers!

You left a successful career behind to start over — was that scary?

Kylie: I am lucky to have very supportive parents. They always said to me, "Whatever you want, go after it. Follow your heart. You're only limited by your imagination."

Tell us about how you met Patrick.

Kylie: I told him that I knew it sounded insane, but he should fly to Rome to meet me in person. I knew that once he got to Italy, he would be seduced! Fortunately, Patrick has an incredible sense of adventure and he loved the idea of being impetuous. I had been planning this show for nearly two years before I met him. It was so hard to convince everyone involved, that a girl they had never heard of could be the producer, creator and the host.

It's amazing that this turned into a real-life romance — like a fairytale!

Kylie: Isn't it crazy? People write to us constantly saying "But, tell us the truth — did it really happen like it says in the trailer of your show?" Even some of the TV networks were not entirely convinced by our story. Both Patrick and I are very romantic and so, although it seems strange to other people, to us it feels like it was meant to be. We both get a thrill from turning our daydreams into reality. I think I was very lucky to find a kindred spirit in Patrick. Most people would have received my email and dismissed it as something frivolous, but he flew to another country to meet a girl he'd never met before. Of course, we never guessed that we would end up falling in love.

So, how did you fall for each other?

Kylie: Patrick wakes up and wants to savour each detail of every day. He puts on music as soon as we wake up and we cook breakfast together and dance around like little children. Some adults lose the joy in simple things — but not Patrick.

Patrick: You mean, aside from her smile, her laugh, energy and joie de vivre...? We both have this burning feeling that life is not to be spectated

— it's an adventure and every day should be filled with positivity and laughter. That sounds exaggerated, but since we both feel the same way, it works out perfectly for us!

Did you have instant chemistry?

Patrick: Yes! I think we both saw the slightly reckless look in each other's eyes! The first night we met, I remember seeing her waiting for me at the station. I recognised her big smile and she threw her arms around me. It was like we'd known each other for years!

Kylie: Even though we were filming until well past midnight, we would go back to our hotel and stay up talking until sunrise, because we were both so excited. In fact, you can see in the show that we are always buzzing and this is because we had to drink so much Italian espresso to counter the sleep deprivation!

Patrick, how do you go from being a lawyer — to this?!

Patrick: This story can be a book too! Everyone says you should base your work on your passion. That's easier said than done, because passions don't pay your bills. I decided I'd had enough of being a lawyer and my passion was teaching people how to cook. So, I started making YouTube videos and secretly working in the kitchen of my law firm and other restaurants in London. A few months later, I resigned. My boss asked me if I was going to another law firm and I said, "No, I want to be a chef and have a TV show." I will never forget his expression.

You're also head chef of Hello Fresh — tell us a little bit about that.

Patrick: I started Hello Fresh two



>> Kylie and Patrick went from being strangers to falling in love while filming their TV show, *When Patrick Meets Kylie — A Love of Food Story*



FOR THE LOVE OF FOOD

Kylie Flavell & Patrick Drake took their love for food all the way to Italy and turned it into a popular food show. **Rhea Dhanbhoora** talks to the couple to find out more

years ago. We send customers my recipes with a chilled box containing exactly portioned-out ingredients that they will need for the recipes. We sent out 10 boxes of food in the first week and this year, millions of people around the UK will be eating my meals. It's exciting to think we're changing how people eat! I want to show people how simple it is to cook at home. My next project is to create the ultimate online course — 130 short videos teaching you everything you need to know about cooking. I'm calling it, *The 60 Second Chef*.

What was your favourite episode?

Patrick: I have always loved Tuscany. It is so beautiful and cinematic. We stayed with an adorable family and saw how much happiness a simple life of good food and company can bring. I also indulged in one of my

favourite sports — polo. We went to a farm where I played chukkas against an Argentine gaucho. To see who won, you'll have to watch the episode!

Kylie: I think you will see around the Tuscany, Agrigento and Milan episodes, that we had begun to flirt with each other on camera and you can see that we were realising that maybe we were more than just friends. Actually, we were the last to realise this — the camera crew said that they could see it from day one!

What advice would you give people looking for a happy ending?

Kylie: I moved to Italy four years ago with the idea of making a TV show. If you are patient and work hard, you will succeed. The hardest part is finding something that makes you truly happy. You need to be honest

with yourself and forget about ego, money and people's opinions. Both Patrick and I experienced rejection, but if you want a life that's extraordinary, you need to be prepared to do things that the average person wouldn't do.

What's next for you guys?

Kylie: I am filming a new show on the Amalfi Coast in Italy. No camera crew — just me. It's exciting because no one has ever done this for a food and travel show and it means that I can capture many spontaneous moments and show people the real Italy. Once I finish filming it, I will soon start working on my own recipe book, as well as on a second book about chasing your dreams.

Patrick: Aside from my company in London, I'm also working on the ultimate online cooking course.

KYLIE'S QUICK PICKS

- **Current favourite dish:** Seafood carpaccio. When fish is fresh, it is best eaten almost raw, just lightly marinated in lemon juice and olive oil.
- **Red wine or white?** Here, on the Amalfi Coast where I live now, they serve big jugs of white wine with white peaches floating in it to sweeten it.
- **Pick-me-up food:** I have such a sweet tooth, I could eat cake every day.
- **Dream destination (apart from Italy!)** Actually, I have always wanted to visit India. *Devdas* is my favourite film!
- **Chocolate or ice-cream?** This is torture! Not a fair question. I'd pick Italian cassata, which is an ice cream cake with pieces of chocolate in it.
- **Your chef/ cook show host inspirations:** I love Sophie Dahl because I have enjoyed reading ever since I was a little girl. Her recipes are like poetry.
- **Three things we'd find in your fridge:** Yoghurt, because it can be used in sweet or savoury recipes. Lemons, because they cleanse the palate. Leftover cake, because I am constantly baking!
- **What's your go-to dish to make if you have unannounced guests:** I make pasta from scratch even though everyone always says "No Kylie, why not just use supermarket pasta — it's faster!" But, the taste is so much better and I find kneading the dough relaxing.
- **One ingredient that you just can't stand:** I don't like processed foods and mass produced food. Everything tastes better when it is made by someone who loves you.



PATRICK'S QUICK PICKS

- **Current favourite dish:** Chopped Mexican Salad with feta, baby spinach, black beans, lime, coriander, avocado, corn, raw peppers, grilled dukkah crusted chicken, sour cream and a side order of corn chips. I eat this every day.
- **Red wine or white?** Peroni beer!
- **Dream destination:** Big Sur and Yosemite in California — I love panoramas!
- **Chocolate or ice-cream:** Chocolate ice-cream.
- **Your chef/ cook show host inspirations:** Nigel Slater — he is a culinary genius and such a lovely person too!
- **Sweet or savoury?:** Please don't make me choose!
- **Three things we'd find in your fridge:** Jalapeño chillies, coconut water and fresh Alphonso mango.
- **What's your go-to dish to make if you have unannounced guests:** My Mexican chopped salad!
- **One ingredient you can't stand:** Tripe

