

## Media Release



Thursday 27 March

Celebrate authentic flavours from the heart in the  
new series

### ***Marion Grasby's Flavours of Heart & Home***

Premieres Monday 28 April on SBS On Demand and SBS Food

**\*Interviews Available\***

Watch the trailer [here](#)  
Preview episodes [here](#)  
Images available [here](#)

World renowned foodie favourite, **Marion Grasby**, blends her passion for fusion cuisine and bringing people together in ***Marion Grasby's Flavours of Heart & Home*** premiering **Monday 28 April at 7:30pm on [SBS On Demand](#) and [SBS Food](#)**. The brand-new series sees the food producer, presenter and author explore the deep connection between her Asian Australian heritage and love of food. Join Marion as she shares her personal stories and the delicious recipes that reflect her upbringing in a celebration of culture, family and the joy of bringing people together through the universal language of food.

As the daughter of a Thai mother and Australian father, Marion's culinary identity is a cultural odyssey that reflects and honours her heritage through the meals she cooks and shares with her loved ones. After trading the hustle and bustle of Bangkok, Thailand, for her own slice of paradise in Noosa, Queensland, Marion finds new inspiration for her Asian Australian cuisine, blending the flavours she loves with the fresh, vibrant approach.

In ***Marion Grasby's Flavours of Heart & Home***, she creates the perfect meals for busy families who want to save time without compromising flavour and fun while providing handy cooking tips and tricks. Marion dishes up comforting family meals for heartwarming get togethers, street food favourites, and inventive takes on classic Asian and Australian staples. Marion celebrates how food connects generations, cultures, and the moments that matter most.

Marion's mama Noi offers her kitchen wisdom as she cooks family recipes ensuring culinary traditions are passed on through generations. Marion's husband Tim and their children open up



their life to viewers, and we see a glimpse of her fast-paced life as she provides quick recipe tips and tricks for cooking for the family. As Marion balances family life with her passion for cooking, she reflects on how food connects generations through flavours and memories.

Marion shares treasured family recipes full of flavour, including her ultimate comfort dish; Thai beef and basil Stir-fry, a childhood favourite; her mama Noi's famous spring rolls, and a dish that beautifully encapsulates the fusion of her heritage, slow-cooked lamb massaman. In ***Marion Grasby's Flavours of Heart & Home***, each ingredient takes viewers on a personal journey through Marion's kitchen and story.

**Host, Marion Grasby said:** "This series is incredibly close to my heart. It's a celebration of where I come from, who I am, and how food has shaped that journey. Growing up as a second-generation Australian, I always felt the pull between cultures - but in the kitchen, it all made sense. *Flavours of Heart & Home* is about honouring my Thai heritage, embracing Aussie life, and finding joy in the little moments we share around the table. I hope audiences feel the love, the nostalgia, and the delicious chaos that comes with cooking for the people you care about most."

**SBS Head of Food and Entertainment, Emily Griggs said:** "It's great to have Marion Grasby back on SBS! Marion's impressive ability to juggle a busy life makes her the perfect guide for those with little time. She not only shares delicious recipes but also shows how food can be both simple and impressive, ideal for anyone looking to create something special. Get ready to discover meals that are sure to become regulars in your own cooking rotation."

***Marion Grasby's Flavours of Heart & Home* premieres Monday 28 April at 7.30pm on SBS On Demand and SBS Food.**

***Marion Grasby's Flavours of Heart & Home* will be available to stream free on SBS On Demand with subtitling available in Simplified Chinese, Arabic, Korean, Vietnamese and Traditional Chinese. *Marion Grasby's Flavours of Heart & Home* is produced by Hay Street Studios for SBS Food.**

**Screeners and images for media use are available on the Screening Room.**

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**Marion Grasby social media**

[YouTube](#)

[Instagram](#)

[Facebook](#)

[TikTok](#)



### **Biography - Marion Grasby**

**Marion Grasby** is a dynamic entrepreneur and respected leader in the food industry, known for blending her passion for food with fearless business innovation. As the co-founder of The Marion's Kitchen Group, Marion has redefined how we cook, eat, and experience food. She now runs this multi-faceted group of companies alongside her partner and CEO, Tim Althaus, operating from three offices in Bangkok, Melbourne, and Noosa. Growing up traveling across Asia with her Thai mother and Australian father, Marion developed a passion for culinary traditions. In 2010 she co-founded Marion's Kitchen - transforming her cherished family recipes into meal kits and sauces. Since then, her products have been a mainstay in major supermarkets and Australian household pantries. More recently, Marion expanded her portfolio by co-founding new product ventures in e-Commerce. A prolific content creator since 2017, she has also established an in-house production company, Hay Street Studios, making her directorial television debut on SBS with *Marion Grasby's Flavours of Heart & Home* making her long awaited return to television. In 2020, Marion hosted *Wok vs Pot With Marion and Silvia* along with Silvia Colloca on SBS Food. In 2013, Marion also hosted *Marion's Thailand* on SBS.