



OLIVIA ANDREWS

Cook | Author | Food “flexitarian” |
Co-founder, Marley Spoon Australia

entrée
CHEFS AND LIFESTYLE
MANAGEMENT
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About Olivia:

Sydney-born Olivia Andrews is a passionate cook and food writer whose career has spanned top restaurant kitchens, as well as some of Australia’s most popular food television programs and magazines.

It was in London that Olivia’s love of food transformed from a passion into a profession. By sheer luck, a walk up the wrong flight of stairs led her to the kitchen of Gordon Ramsay’s Michelin-starred restaurant, The Savoy Grill, and a job with the celebrity chef. Then in her early 20s, she drew from that experience to move into TV work and catering on private yachts.

Olivia eventually returned to Sydney with stamps for more than 30 countries in her passport. Over the past 13 years, she has worked for some of Australia’s most prestigious food magazines and TV shows, including *delicious*, *SBS Feast*, *Destination Flavour*, *MasterChef* and *The Biggest Loser* as a stylist, food editor and food producer.

In 2015, Olivia co-founded the hugely popular recipe kit delivery service Marley Spoon in Australia. It has taught her a lot about what Australians really want to eat and what they look for in their weeknight cooking solution. Olivia feels she has a social responsibility as a recipe writer to provide home cooks with a perfectly balanced meal, day-in and day-out, according to dietary guidelines few people follow or even know about.

Her cookbooks *Whole Food Slow Cooked* and *Healthy Thermo Cooking For Busy Families* showcase Olivia’s food philosophy of making healthy eating accessible to everyday cooks. Her healthy, flavour-packed recipes combine global influences with nutritional balance and a generous approach to vegetables.

As the ambassador for Nutrition Australia’s *Try for 5* campaign, she’s actively involved in encouraging Australians to increase their vegetable intake to the recommended five serves per day. She further explores the importance of this in her next cookbook, *Three Veg and Meat*, to be released in May 2019.



Cookbooks:

Whole Food Slow Cooked (Murdoch Books 2015); *Healthy Thermo Cooking For Busy Families* (Murdoch Books 2018); *Three Veg and Meat* (Murdoch Books 2019)

Ambassadorships/ endorsements:

Nutrition Australia’s *Try for 5* campaign ambassador; face of Marley Spoon Australia



SOCIAL MEDIA

All active links



@threevegandmeat

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[Olivia Andrews](#)
[Three Veg & Meat](#)





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Olivia is represented by
[Entrée Chefs and Lifestyle Management](#)

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