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by email

Hero the Veg - Recipe Competition

It's time to get cooking... our **Hero the Veg** recipe competition is now live! Over six weeks, we are giving you the chance to show us your favourite vegetables as the star ingredient in your recipes. Dust off one of your tried and true healthy favourites and let's get cooking!

What are the prizes?

Upload a copy of your healthy vegetable-packed recipe and go into a draw to **WIN** one of our weekly QCWA Country Kitchens prize packs of an apron, tea towel and cookbook.

What's more, all entries go into the draw to **WIN** our major prize of a *KitchenAid Food Processor* and a copy of the QCWA In My Country Kitchen Cookbook! Now if that's not enough to get you cooking up a storm, we don't know what is.



Weekly prize pack



Major prize

How do I enter?

Make sure you upload your healthy recipe using the [entry form](#) on our website to go into the draw to win! Visit the Country Kitchens website and follow the prompts to our **Hero the Veg** competition page, or type in the URL: <https://qcwacountrykitchens.com.au/hero-the-veg/>

There's **no limit** to the number of recipes you can submit, so let's get cooking. For a **bonus entry**, remember to upload a photo of your culinary masterpiece as well!

Recipes should contain at least **one serve of vegetables per portion**. One serve of vegetables is approximately 75g or ½ cup of cooked vegetables or one cup of salad vegetables.



When does the competition end?

The **Hero the Veg** competition is open from 12.00am Monday 27th May until 11.59pm Sunday 7th July.

How are the winners selected?

Winners will be chosen by random selection on the following days:

Weekly prize draw dates and times

- Draw 1 – 3 June 2024 at 10.00am
- Draw 2 – 10 June 2024 at 10.00am
- Draw 3 – 17 June 2024 at 10.00am
- Draw 4 – 24 June 2024 at 10.00am
- Draw 5 – 1 July 2024 at 10.00am
- Draw 6 – 8 July 2024 at 10.00am

Grand prize draw date and time

- 8 July 2024 at 10.00am

Who can enter the competition?

The competition is open to all residents of Queensland, aged 18 years and older. For a full list of terms and conditions, visit the [competition page](#) on the Country Kitchens website.

Competition hints

Need some inspiration for your competition entries? Check out our hints below:

- 🍃 Recipes do not have to be vegetarian. Feel free to include meat and other ingredients, just as long as the dish also includes a substantial serve of veg!
- 🍃 Remember that salad ingredients count as vegetables, so feel free to submit your favourite salad recipes
- 🍃 If you are feeling stuck for ideas, get some inspiration from other recipes online or in your favourite cookbook, and recreate them with your own twist!
- 🍃 Don't forget that beans, lentils and legumes also count as vegetables
- 🍃 If you don't already, follow QCWA Country Kitchens on Facebook and/or Instagram for plenty of inspo!

Remember you have until **Sunday 7th July** to submit your entries, so it's time to get busy and show us how you **Hero the Veg** your way!

