



How do I enter?

- Click on the competition in your region.
- Download and fill out the entry form.
- Simply submit the entry form along with your favourite recipe for a **savoury dish containing at least three fresh New Zealand grown vegetables**, which can easily be cooked on a gas top or in a microwave (provided). Remember we are looking for healthy and innovative use of the vegetables here.

Your entry must be received by the deadline stated on your regional entry form.