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My Kitchen Rules serves up a winning recipe Australia's #1 cooking show reaches 9.8 million in 2024, delivers biggest audience since 2019

The Seven Network's **My Kitchen Rules** has taken the crown as Australia's #1 cooking show, with the 2024 season reaching 9.8 million people and drawing its biggest audience since 2019.

This year's series ended on a high last night, with Simone and Viviana victory in the Grand Final reaching 1.85 million and attracting an average audience of 1.13 million, up 9% on last year's Grand Final and also the biggest number since 2019.

More than 116,900 people watched the Grand Final on [7plus](#), a record number and up 87% on last year.

Across its 2024 season, **My Kitchen Rules** was up 4% on last year, including 49% jump on 7plus. It joins **Australian Idol**, **Farmer Wants A Wife**, **The Front Bar** and the **TV WEEK Logie Awards** on the list of key Seven entertainment shows that have grown their audiences this year.

Seven Network's Director of Content, Unscripted, Majella Hay, said: "Real food, great home cooks, Manu and Colin were a fantastic combination again this year and Australia responded, making this year's **My Kitchen Rules** the best and the biggest in five years.

"Thank you to our wonderful judges and home cooks, and to everyone at Seven and ITV Studios for creating such great entertainment. We can't wait for the 2025 season."

Seven's National Television Sales Director, Katie Finney, said: "**My Kitchen Rules** wouldn't have been possible without the support and commitment of our major partners Spotlight, Woolworths and – for the first time – Lurpak, plus our sponsors Kaboodle Kitchens and Sensodyne. Thank you to all of them.

"**My Kitchen Rules** is the perfect platform to integrate brands authentically, giving the contestants in the competition what they need to shine and inspiring our audiences to take action – whether it's cooking the recipes from the show or drawing style inspiration from the contestants' instant home restaurants."

My Kitchen Rules is produced for Seven by ITV Studios Australia and will return in 2025.



For further information, please contact:

Neil Shoebridge

M: 0417 511 012

E: neil@skmediagroup.com.au

Andrew Knowles

M: 0449 510 357

E: andrew@skmediagroup.com.au

About the Seven Network

The Seven Network is part of Seven West Media (ASX: SWM), one of Australia's most prominent media companies, with a market-leading presence in content production across broadcast television, publishing and digital. The Seven Network alone reaches about 17 million people a month.

The company owns some of Australia's most renowned media businesses, including the Seven Network and its affiliate channels 7two, 7mate, 7flix and 7Bravo; the digital platform [7plus](#); [7NEWS.com.au](#); *The West Australian*; *The Sunday Times*; [PerthNow](#); [The Nightly](#); and [Streamer](#). The Seven Network is home to Australia's most loved news, sport and entertainment programming, including **7NEWS**, **7NEWS Spotlight**, **Sunrise**, **The Morning Show**, **The Voice**, **Home and Away**, **Australian Idol**, **My Kitchen Rules**, **SAS Australia**, **Farmer Wants A Wife**, **The Chase Australia**, **Better Homes and Gardens**, **RFDS**, **The 1% Club** and the **TV WEEK Logie Awards**. Seven Network is also the broadcast partner of the AFL, Cricket Australia and Supercars.