

Monday, 17 November 2025

My Kitchen Rules cooks up ratings storm **Season reaches 9.4 million Australians, highest rated since 2019**

Australia's #1 cooking show, **My Kitchen Rules**, has served up its biggest audience since 2019, with more than 9.4 million people watching the 2025 season on Seven and [7plus](#).

Last night's Grand Final, which saw Justin and Will claim victory over Maria and Bailey, reached more than 2.29 million Australians, with an average total TV audience of 1.17 million – up 4% on the 2024 Grand Final and the highest rated since 2019. On 7plus, 185,000 people tuned in, which was up 58% year-on-year.

MKR is Seven's biggest entertainment format in 2025, with an average of 966,000 people tuning in on Seven and 7plus each episode – up 5% year-on-year and the highest since 2019. The streaming audience is up 98% and has more than tripled since 2022.

MKR joins a growing list of Seven Network entertainment programs which have recorded total TV audience growth in 2025, including **RFDS** (up 34% year-on-year) **Australian Idol** (up 15% year-on-year), **The Rookie** (up 16% year-on-year), **The 1% Club** (up 11% year-on-year), **Home and Away** (up 7% year-on-year) and **The Front Bar** (up 6% year-on-year).

Seven Network's Director of Content, Unscripted, Majella Hay, said: "**My Kitchen Rules** is the perfect recipe for ratings success – with real food, incredible home cooks and fantastic judges serving up the highest rated series in six years.

"A huge thank you to Manu and Colin, our talented contestants and everyone at Seven and ITV Studios for creating such an outstanding series of **MKR**. We can't wait to dish up even more of Australia's favourite cooking show in 2026."

Seven's National Television Sales Director, Katie Finney, said: "This season of **My Kitchen Rules** once again proved why it is the perfect platform for brands to connect with audiences in the kitchen, delivering audience growth for our sponsors and partners.

"This year's season served up cherished family recipes and bold new twists on traditional favourites, with home cooks bringing passion and creativity to every plate – and Australia loved every moment.

"A big thank you to Spotlight, Woolworths, Ninja, Schweppes and Toscano for partnering with **MKR** in 2025. Through seamless integration, these brands helped contestants bring their culinary visions to life and inspired audiences to do the same at home," she said.

MKR is produced for Seven by ITV Studios Australia and will return to Seven and 7plus next year.

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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 across broadcast television, publishing and digital. The Seven Network alone reaches 17.5 million people a month.

Seven West Media owns some of Australia's most renowned media businesses and platforms, including the Seven Network and its affiliate channels 7two, 7mate, 7flix and 7Bravo; [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**, **Farmer Wants A Wife**, **The Chase Australia**, **Better Homes and Gardens**, **The 1% Club**, **The Front Bar** and the **TV WEEK Logie Awards**.

The Seven Network is also the broadcast partner of the AFL, Cricket Australia, Supercars, the **2026 Rugby League World Cup** and the **Glasgow 2026 Commonwealth Games**.

Source: VOZ 5.0, Overnight Data, including spill. My Kitchen Rules Average Audience YoY excludes encore. Reach for 2025 season includes encore+rpt. Total People.