

Cook the cover in February 2018 and win!

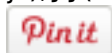
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(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

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Replicate our delicious Salty-sweet miso-glazed salmon & soba bowls in your own kitchen and share it with @nourish_au on Instagram (#mynourish) for your chance to win one of five 12-month digital subscriptions to nourish magazine.

Entries close February 14th.

Winners will be notified via Instagram, so don't forget to follow @nourish_au!

Terms & Conditions for 'Cook the cover' Giveaway

1. Entry is open to all residents of Australia and New Zealand, aged 18 years and over, except employees of the promoter and their immediate families and agencies associated with this promotion
 2. The promoter shall not be liable for any loss or damage whatsoever that is suffered (including but not limited to indirect or consequential loss) or for any personal injury or suffering sustained in connection with any of the prizes offered except for any liability that cannot be excluded by law.
 3. All entries become the property of the promoter.
 4. The promoter accepts no responsibility for late, lost or misdirected mail or for any prizes damaged
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in transit.

5. The promoter is Blitz Publications & Multi Media Group Pty Ltd, 1 Miles St, Mulgrave, Victoria 3170.

6. To enter the competition, entrants must load a photo to Instagram of their version of the cover recipe and tag #mynourish to enter the competition.

7. The competition will be judged by a panel appointed by the Promoters, and will be judged on the following criteria:

Most aligned, creative and attractive image of the Cover food image as judged by the Panel

8. The total prize value is \$A129.95 with 5 items to be won. Each prize is a 12-month digital subscription to nourish magazine worth \$A25.99.

9. This competition is being advertised by Blitz Publications on its company websites, printed and digital publications as well as on Facebook. You agree and confirm that you absolve Facebook of any responsibility arising out of the competition and acknowledge that you understand that the promotion / competition is in no way sponsored, endorsed or administered by, or associated with, Facebook.

10. Winners will be notified on 25th February 2018 by Instagram

11. Start Date of Competition: 9.00am 13th January 2017 (EDST), and End Date of Competition: 5.00pm 14th February 2018 (EDST)

12. Date, time and place drawn: 9.00am 24th February 2018 (EDST)

13. If the prize remains unclaimed after three months of the first draw, then a replacement winner will be drawn on 14th May 2018

14. This is a game of skill and chance plays no part in determining the winner.

15. Prizes are non-transferable or exchangeable and cannot be taken as cash.

16. The judges' decision is final and no correspondences will be entered into.

17. By entering this competition, you consent to Blitz Publications & Multi Media Group Pty Ltd giving your mailing address to product suppliers in the event that you are a winner for the purpose of delivering your prize. Your address will not be used by Blitz Publications & Multi Media Group Pty Ltd or the supplier for any other purpose.

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function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```