

BIGEAL

ON SALE 9TH MARCH 2022



— GLUTEN FREE, SNACKS, Drinks—



CC's Corn Chips 110/175g



Lowan Cocoa Bombs 350g 57¢ per 100g



Fountain Tomato/ BBQ Sauce 2L



Fantastic Delites Rice Snacks 100g \$1.75 per 100g



Red Kellys Salad Dressing 250mL





Golden North Simply Indulge Ice Cream 2L/Giant Twin Ice Cream 5pk



Skittles/ Starburst Confectionery 190-235g



Arnott's Cracker Chips 150g \$1.66 per 100g



Cadbury Family Block Chocolate 160-190g





Red Bull Energy Drink 250mL 4pk \$6.49 per 1L



— PANTRY, HOME & Pet—





Raguletto Pasta Sauce 500g

34¢ per 100g



Ben's Original Express Rice 250g \$1.00 per 100g



Campbell's Real Stock 1L 30¢ per 100mL



Greenseas Canned Tuna 95g \$15.68 per 1kg



Grinders Coffee 200g \$3.00 per 100g



Zooper Dooper Water Ices 24pk 30¢ per 100mL



Kleenex Viva Paper Towel 3pk



My Dog Canned Dog Food 680g 40¢ per 100g





Spree Lemon Laundry Powder 2kg \$3.00 per 1kg





Quilton Gold 4ply Aloe Vera Facial Tissues 100pk \$1.49 per 100ea







Grown Lin the LUSA

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JC's Natural Walnuts 350g/Almonds 500g



Perfect Italiano Grated Cheese 450g \$13.31 per 1kg



Zoosh Dip 185g \$1.08 per 100g



Nuttelex Spread Original/Lite/Buttery 500g 70¢ per 100g



Nannas

Nachara

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Rep Free

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Nanna's Snack Fruit Pies 4pk/Family 600g



McCain Pizza Singles/Pockets/Slices 380-600g

Subject to stock limits and availability. Some products or varieties may not be available at all stores. Pictures for illustration purposes on

Offers available from 09/03/22 until 15/03/22

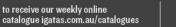
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Ingredients

- · 2 skinless, boneless chicken breasts
- · 2 rashers bacon
- · 4 eggs
- · 2 baby cos lettuce, chopped
- · Red Kellys Caesar Salad Dressing
- · 30g parmesan

Croutons

- 4 Slices Tip Top Gluten Free Bread cut into pieces
- · 2 tbsp olive oil
- · 1/2 tsp gluten free onion powder
- · 1/2 tsp gluten free garlic powder

What to do

- 1. Preheat oven to 220 °C or 200°C fan-forced. Line a tray with baking paper.
- 2. Put the bread, spices and olive oil into a mixing bowl and stir to combine.
- 3. Spread the bread cubes over the baking paper.
- 4. Bake for 10 minutes, turning once. Remove and set aside.
- 5. Cook chicken breast in a pan over medium heat with olive oil, cook for 6 minutes either side, or until cooked through. Rest for 5 minutes, then thinly slice.
- 6. Add bacon to the pan and cook until crisp.
- 7. Meanwhile, cook the eggs in a small saucepan of boiling water for 7 minutes, or until cooked to your liking. Peel eggs and cut in half.
- 8. Place lettuce, croutons, chicken, bacon and eggs in a large salad bowl. Add desired amount of dressing and stir to combine. Sprinkle parmesan on top and serve.

