



ON SALE 15TH MARCH 2023



Marion Bay
FREE RANGE CHICKEN
\$7⁹⁹ kg



Serving Suggestion

WHERE THE *locals* MATTER

BIG DEAL

ALL SALE

1/2
PRICE



Arnett's Shapes 130-190g

\$1⁷⁵
ea



Mars Medium Bars 35-56g

95¢
ea



Nescafé Coffee Sachets 10pk/Gold 8pk

\$3⁹⁹
ea



Sanitarium Up & Go Breakfast Drink 6x250mL
\$3.46 per 1L

\$5¹⁹
ea

Offers available from:
15/03/23 until 21/03/23

Whilst stocks last. Pictures for illustration purposes only.
Some products or varieties may not be available at all stores.

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ALL

— HALF PRICE *Specials* —

**1/2
PRICE**



Pringles Chips 53g
\$2.36 per 100g



Arnott's TeeVee Snacks 175g
\$1.29 per 100g



Skittles Confectionery 160-200g



Jarrah
Coffee 250g
\$1.50 per 100g



Peckish Small Bird Seed Blends 1.5kg
36¢ per 100g



Dove
Antiperspirant
220-254mL



Morning Fresh
Dishwashing Liquid 900mL
53¢ per 100mL



\$1.99
ea

Coca-Cola/Fanta/Sprite/
Mt Franklin Sparkling Water 1.25L
\$1.59 per 1L



\$25.55
ea

Coca-Cola 30x375mL
\$2.27 per 1L



Red Bull
Energy Drink
473mL
\$8.44 per 1L

\$3.99
ea



\$3.85
ea

Cadbury Family Block Chocolate 160-190g



\$3.69
ea

Nestle Fun Pack Confectionery 140-185g



\$4.79
ea

Arnott's High Tea 400g/
Cream Favourites 500g



\$1.75
ea

Edgell Beans/Chick Peas/Lentils 400g
\$4.38 per 1kg



\$2.99
ea

Dolmio Extra Pasta Sauce 490/500g



\$1.85
ea
LOW PRICE

Zafarelli Pasta 500g
37¢ per 100g



\$7.49
ea

Fab Laundry Powder 1.8/2kg & Liquid 1.8L



\$2.10
ea

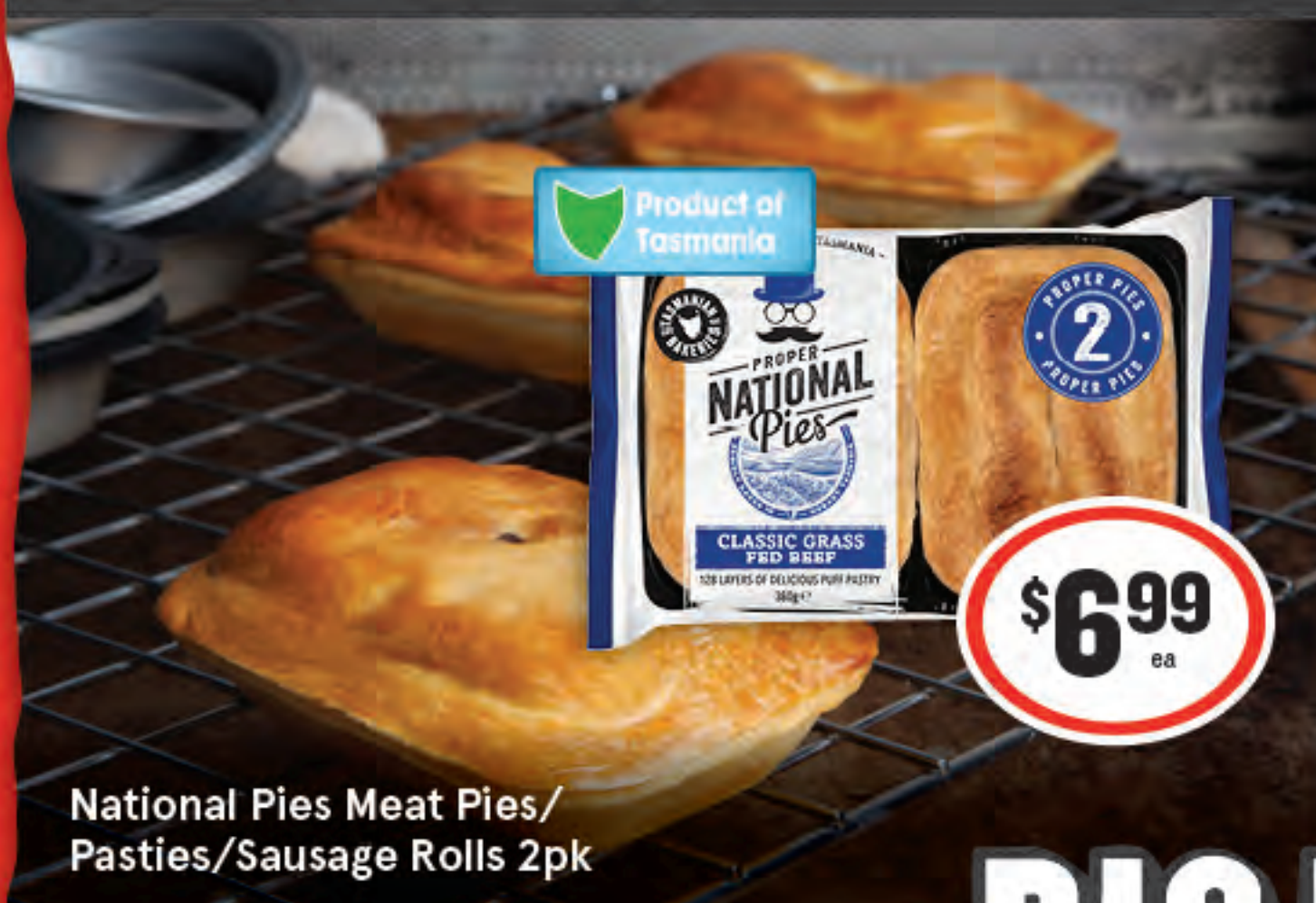
Whiskas Canned Cat Food 400g
53¢ per 100g



\$4.49
ea

Pedigree Canned Dog Food 1.2kg
37¢ per 100g

SEE INSIDE FOR MORE SAVINGS



BIG DEAL

SALE



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Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday shelf price, excludes specials. Terms and conditions apply. To find out more, visit igatas.com.au/pricematch. Some items may not be available at all stores. We reserve the right to limit purchases to reasonable quantities. Commercial quantities not supplied. See in-store for details. We reserve the right to correct printing errors.

Lindt Excellence/
Lindor Chocolate
Block 100g (excl. 70%)
\$4.35 per 100g

\$4.35
ea

LOW PRICE



You'll find *Low Prices* Every Day right across the store



\$2.89
ea

LOW PRICE



Tas Taste Plain/Self Raising Flour 2kg
\$1.45 per 1kg



\$1.85
ea

LOW PRICE

Zafarelli Pasta 500g
37¢ per 100g



\$5.50
ea

LOW PRICE

Arnott's Multipack Variety 12/15pk



\$4.99
ea

LOW PRICE

On the Menu Frozen Meals 320g
\$1.56 per 100g



\$5
ea

LOW PRICE

U by Kotex Pads/Tampons 10-16pk



WHERE THE
locals MATTER

Specials available from participating Tasmanian IGA & IGA X-press Stores. We reserve the right to correct any printing errors. Whilst stocks last. Some products or varieties may not be available at all stores. Pictures used for illustration purposes only. Sales are restricted to retail quantities only. All prices include GST where applicable. Prices correct at time of printing.

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SPICED LENTIL BURGER WITH CABBAGE SLAW



Edgell Beans/Chick Peas/Lentils 400g
\$4.38 per 1kg

Ingredients

- 1 onion, diced
 - 2 cups mushrooms, chopped
 - 3 portions frozen spinach, thawed & excess water squeezed out
 - 400g canned lentils; drained, rinsed & dried
 - 1/2 tsp ground cumin
 - 1/2 tsp smoked paprika
 - 1/2 cup cooked quinoa and brown rice
 - 1 egg
 - 4 wholemeal burger buns
- Coleslaw:
- 1/4 red cabbage, shredded
 - 1 apple, grated
 - 2 spring onions, finely sliced
 - 2 tbsp apple cider vinegar
 - 1/2 tsp salt
 - 4 tbsp extra virgin olive oil

What to do

1. In a pan, drizzle some olive oil over medium heat. Add the onion and saute until softened. Add the mushrooms and cook for a further 4-5 minutes. When the mushrooms are brown and tender add the spinach, 1 cup of lentils, cumin, smoked paprika and cook until all the excess water has evaporated, making sure you have a dry mixture. Take off heat and set aside to cool.
2. Place the mushrooms and spinach mix in a food processor and pulse until you have a rough mash. Transfer to a mixing bowl, stir in the remaining whole lentils, the quinoa and rice and egg until you have a cohesive mixture.
3. Divide and shape the mixture into 4 patties.
4. Heat a fry pan over medium high heat, drizzle some olive oil and cook patties until both sides are golden brown.
5. To make the coleslaw, add the cabbage, apple, spring onions, vinegar, salt and olive oil in a large bowl. Toss to combine.
6. Assemble the burgers by layering the coleslaw on the base and topping with the lentil patties and your choice of mustard, mayonnaise or tomato sauce.



WHERE THE *locals* MATTER

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