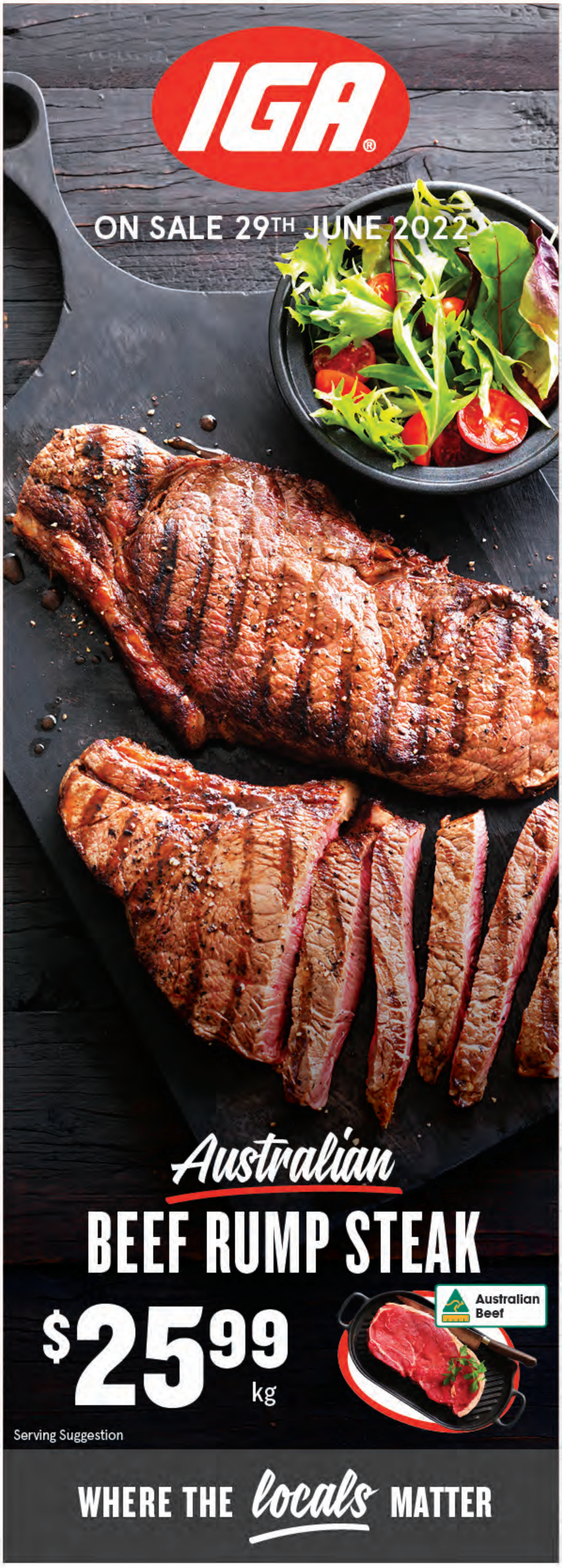

IGA

Palmolive Ultra Dishwashing Liquid 500mL
50¢ per 100mL

Bega Block Cheese 500g
$13.98 per 1kg

Peters Ice Cream 4L
17¢ per 100mL

Coca-Cola Soft Drink 375mL 24pk
$2.05 per 1L

SEE INSIDE FOR MORE SAVINGS

Offers available from 29/06/22 until 05/07/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

— FRESH MEAT & *Produce* —

Washed Potatoes 2kg
$2.25 per 1kg

$4.50 bag

Brussels Sprouts

$6.90 kg

JC's Salted/ Unsalted Mixed Nuts 350g
$22.83 per 1kg

$7.99 ea

Lamb Loin Chops

$26.99 kg

Scottsdale Artisan Carolina/ Memphis Marinated Pork Shoulder

$13.99 kg

Pandani Beef/Pork Sausages 680g
$11.75 per 1kg

$7.99 ea

— DELICIOUS DELI & *Bakery* —

IGA

Chicken Loaf

$10.99 kg

Virginian Ham

$13.99 kg

Diced Lean Bacon

$13.99 kg

Cripps Fruit Buns 6pk

89¢ per 100g

$3.99 ea

SAVE $1.00

Cripps Master Loaf 680/700g

$3.39 ea

SAVE 70¢

Mission Wraps/Mini Wraps 6/8pk

$3.49 ea

SAVE $1.90

Cripps

MASTER MUFFINS 6PK

83¢ per 100g

$2.99 ea

SAVE $2.16

— SNACK & DRINK *Favourites* —

Mars/Nestle/Violet Crumble Medium Bars 35-56g

Mars Fun Size Bags 132-216g

Allen's/Nestle Bites 110-140g

Kinder Surprise 20g
$10.00 per 100g

Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam)

Arnott's Scotch Finger/ Teddy Bear/Cream Biscuits 200-250g

Powerade Sports Drink 600mL (excl. Active)
$4.17 per 1L

Mother Energy Drink 500mL 4pk
$4.00 per 1L

Mount Franklin Lightly Sparkling Spring Water 1.25L
$1.59 per 1L

— STOCK UP THE *Pantry* —

IGA

$7.99 ea

SAVE $1.56

Grinders Coffee 200g
$4.00 per 100g

V8 Juice/ Smoothies 1.25L
$2.39 per 1L

$2.99 ea

SAVE $1.66

1/2 PRICE

$2.99 ea

SAVE $3.36

Uncle Tobys Flavoured Oats 10pk/Hi Fibre 8pk

$1.99 ea

SAVE 86¢

Green's Traditional Cake/Muffin Mix 330-500g

$7.99 ea

SAVE $2.26

Nutella Hazelnut Spread 750g
$1.07 per 100g

$3.99 ea

SAVE 66¢

Bega Cream Cheese Spread 250g
$1.60 per 100g

$2.49 ea

SAVE $1.01

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

$1.69 ea

SAVE 76¢

Heinz Condensed Soup 420g
40¢ per 100g

$3.49 ea

SAVE $1.00

Zoosh Mayo 350g
$1.00 per 100g

— FILL UP THE FRIDGE & *Freezer* —

Devondale Sandwich Cheese Slices 500g
$7.98 per 1kg

Bulla Multipack Sticks 8-14pk

Devondale Butter Pat 500g
$1.00 per 100g

Tamar Valley Greek Style Yoghurt 125g 6pk
53¢ per 100g

Pauls Vanilla Custard 1kg
35¢ per 100g

Juicy Isle Orange Juice No Added Sugar 2L
$2.00 per 1L

Birds Eye Country Harvest Vegetables 1kg
$4.69 per 1kg

Peters Drumstick 4/6pk

Connoisseur Ice Cream 1L
90¢ per 100mL

Golden North Giant Twin Ice Cream 5pk
93¢ per 100mL

My Dog/Optimum Tray 100g
$1.35 per 100g

Chum Crunchy Dry Dog Food 3kg
27¢ per 100g

Chum Canned Dog Food 700g
26¢ per 100g

Multix Takeaway Container 6pk
58¢ per 1ea

BabyLove Disposable Nappies 15-28pk

Handee Ultra Paper Towel 2pk
$2.49 per 100ea

Earth Choice Laundry Powder 1kg
$4.99 per 1kg

Earth Choice Toilet Cleaner 750mL
33¢ per 100mL

Community Co Dish Washing Liquid 450mL
49¢ per 100mL

communityCo

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Now available at IGA

SEE INSIDE FOR MORE SAVINGS

Community Co Peanut Butter 500g
84¢ per 100g

Community Co Apricots Dried 200g
$21.00 per 1kg

Community Co Sultanas 500g
$9.60 per 1kg

Community Co Cordial Syrup 1L
$3.29 per 1L

Community Co Sauce 500mL
40¢ per 100mL

Community Co Passata 690g
32¢ per 100g

Community Co Canola Oil 750mL
60¢ per 100mL

Community Co Wine Vinegar 500mL
94¢ per 100mL

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

Visit www.communityco.com.au/giveback/ to see how your purchase can benefit your community.

Offers available from **29/06/22** until **05/07/22**

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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.

IGA

BEEF CURRY

Beef Rump Steak

Ingredients

- 1 1/2 kg beef rump steak, diced
- 1 tbs curry powder
- 1 tbs ground cumin
- 1 tbs ground coriander
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 4 red chillies small
- 3 garlic cloves crushed
- 1 tbs grated ginger
- 1 onion cut into wedges large
- 400 g canned diced tomato
- 1/4 cup coconut milk
- 15 ml oil

What to do

1. Brown the steak and onions in a wok or frying pan for 3 minutes on medium to high heat.
2. Add all the spices, garlic, ginger and chillies and cook for a further 1 minute or until fragrant.
3. Pour into an authentic curry pot or casserole pot.
4. Add the tomatoes and stir. Cook, covered, over low heat for at least 2 hours, stirring every 10-15 minutes.
5. Twenty minutes before serving, uncover, and stir in the coconut milk.
6. Serve on a bed of basmati or jasmine rice, with pappadams or naan bread.

THE CANDY MARKET

EXCLUSIVE TO IGA

$2.20 ea

Candy Market Bags 150–200g

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