



ON SALE 29TH JUNE 2022



Australian

BEEF RUMP STEAK

\$25⁹⁹ kg

Serving Suggestion



WHERE THE *locals* MATTER



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.



— PANTRY, HOME & *Pet* —



Uncle Tobys Flavoured Oats 10pk/Hi Fibre 8pk



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



Grinders Coffee 200g
\$4.00 per 100g



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



Handee Ultra Paper Towel 2pk
\$2.49 per 100ea



Earth Choice Toilet Cleaner 750mL
33¢ per 100mL



Chum Canned Dog Food 700g
26¢ per 100g



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



BabyLove Disposable Nappies 15-28pk

— SNACK & DRINK *Favourites* —



\$3.49
ea

Allen's/Nestle Bites 110-140g



\$2
ea

Kinder Surprise 20g
\$10.00 per 100g



\$1
ea

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



\$2.99
ea

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



\$2.69
ea

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



\$7.99
ea

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



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

MULTI-BUY
2 \$5
for



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

\$1.99
ea



V8 Juice/
Smoothies
1.25L
\$2.39 per 1L

\$2.99
ea

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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.

BEEF CURRY



\$25⁹⁹
kg

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.



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THE CANDY MARKET

EXCLUSIVE TO IGA



Candy Market Bags 150-200g

\$2.20
ea



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community Co

JOIN US IN GIVING BACK TO YOUR LOCAL COMMUNITY

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\$4.20
ea

Community Co Peanut Butter 500g
84¢ per 100g



\$4.20
ea

Community Co Apricots Dried 200g
\$21.00 per 1kg



\$4.80
ea

Community Co Sultanas 500g
\$9.60 per 1kg



\$3.29
ea

Community Co Cordial Syrup 1L
\$3.29 per 1L



\$1.99
ea

Community Co Sauce 500mL
40¢ per 100mL



\$2.19
ea

Community Co Passata 690g
32¢ per 100g



\$4.49
ea

Community Co Canola Oil 750mL
60¢ per 100mL



\$4.69
ea

Community Co Wine Vinegar 500mL
94¢ per 100mL

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