



WHERE THE *locals* MATTER

ON SALE 6TH OCTOBER 2021



Australian
**BEEF SCOTCH
FILLET STEAK**

\$38⁹⁹
kg



GIGANTIC
Sale!

1/2
PRICE



\$3⁹⁹
ea

SAVE \$4.00

Cadbury Large Block
Chocolate 315-360g

1/2
PRICE



\$1¹⁰
ea

SAVE \$1.15

Greenseas Canned Tuna 95g
\$11.58 per 1kg

1/2
PRICE



\$5⁹⁹
ea

SAVE \$6.20

Twining's Teabags 80/100s

1/2
PRICE



Palmolive
Naturals
Shampoo/
Conditioner
350mL
71¢ per 100mL

\$2⁴⁹
ea

SAVE \$2.51

GIGANTIC SALE ON NOW!

Offers available from 06/10/21 until 12/10/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & Produce —



Delicious
BLUEBERRIES 125G
\$24.00 per 1kg - Serving Suggestion

\$3 punnet

Grown in Australia



Cauliflowers

\$2.90 ea



Brushed Potatoes 5kg
\$1.30 per 1kg

\$6.50 bag



JC's Apricots
Dried 500g
\$13.98 per 1kg

\$6.99 00

SAVE \$1.50

Beef Mince
First Grade

\$16.99 kg



Nichols
Six Legged
Chicken

\$4.99 kg



Scottsdale Pork
Boneless Pork
Scotch Roast

\$16.99 kg



Australian
**LAMB LEG
NETTED & BONELESS**
Serving Suggestion

\$18.99 kg



Chicken
Breast
Chunks

\$9⁹⁹ kg



Long Rindless
Bacon

\$13⁹⁹ kg



Oven Roasted/
Sweet Herb &
Mustard Turkey
Breast

\$26⁹⁹ kg

Golden
Crumpet
Rounds 6pk
50¢ per 100g

\$2⁴⁹ ea

SAVE \$1.06



National Pies
Classic Beef
Party Pies 6pk
\$1.66 per 100g

\$4⁹⁹ ea

SAVE \$1.60



Tasmanian Egg
Co Cage 700g
50¢ per 100g

\$3⁴⁹ ea

SAVE 66¢





— SNACK & DRINK Favourites —



Kinder Choc Snack Bar/
Happy Hippo 21g
\$3.57 per 100g

75¢
ea
SAVE 25¢



Kinder Choc Littleones 50g
\$2.00 per 100g

\$1
ea
SAVE \$1.10



Fyna Licorice Bags 200-250g

\$1.99
ea
SAVE 46¢



Pascall/The Natural
Confectionery Bags 150-280g

\$2.49
ea
SAVE \$1.51



Arnott's Shapes/Savoy/Jatz 140-250g

\$2.49
ea
SAVE 71¢



Smith's Potato Chips/
Doritos Corn Chips 130-175g

\$2.69
ea
SAVE 81¢



Coca-Cola/Lift/Fanta/
Sprite Soft Drink 2L
\$1.40 per 1L

\$2.79
ea
SAVE 40¢



Coca-Cola 375mL 30pk
\$1.95 per 1L

\$21.99
ea
SAVE \$5.00



Mother Energy Drink 375mL 10pk
\$2.66 per 1L

\$9.99
ea
SAVE \$6.00



100% Juicy Long Life Juice 2L
\$1.50 per 1L

\$2.99
ea
SAVE \$1.00

— STOCK UP THE *Pantry* —

IGA



\$2.49
ea
SAVE 51¢

Sunrice Premium White Rice 1kg
25¢ per 100g



\$2.25
ea
SAVE 35¢

San Remo Pasta 375/500g



\$2.99
ea
SAVE 50¢

Tonight Simmer Sauces/
Leggos Pasta Sauce 475-500g



\$1.60
ea
SAVE 99¢

Campbell's Real Stock 500mL
32¢ per 100mL



\$2.99
ea
SAVE \$1.50

Zoosh Mayo 350g
85¢ per 100g



\$10.75
ea
LOW PRICE

Nescafe Blend 43/Espresso 250g
\$4.30 per 100g



1/2 PRICE

\$1.19
ea
SAVE \$1.30

Green's Pancake Shake 200g
60¢ per 100g



1/2 PRICE

\$2.35
ea
SAVE \$2.54

belVita Coconut Bites 90g
\$2.61 per 100g



1/2 PRICE

NEW

\$2.24
ea
SAVE \$2.25

Krave Bars 5pk
\$1.72 per 100g



— FILL UP THE FRIDGE & *Freezer* —



Streets Icy Treats 26pk
82¢ per 100mL

\$14.99
ea

SAVE \$9.00



Bulla Creamy Classics 2L
27¢ per 100mL

\$5.49
ea

SAVE \$3.01



Peters Maxibon 4pk

\$4.99
ea

SAVE \$3.51



Ingham's Creamy Garlic
Chicken Kiev 600g
\$16.65 per 1kg

\$9.99
ea

SAVE \$2.36



McCain Pub Style Wedges or Fries 750g
\$5.32 per 1kg

\$3.99
ea

SAVE \$1.50



Eta 5 Star Spread 500g
30¢ per 100g

\$1.49
ea

SAVE \$1.20



Chris' Dip 200g
\$1.75 per 100g

\$3.49
ea

LOW PRICE



Perfect Italiano Grated Cheese 150g
\$16.60 per 1kg

\$2.49
ea

SAVE 76¢



Dairy Farmers
Thick & Creamy Yoghurt 4pk
68¢ per 100g

\$2.99
ea

SAVE \$1.01

ECO-FRIENDLY



Glad To Be Green
Compostable Bin Liners 20/25pk

\$1.99
ea
SAVE \$2.01



Colgate Smile for Good
Toothpaste 95g
\$4.20 per 100g

\$3.99
ea
SAVE \$4.01



Ajax
Antibacterial Wipes 110s
5¢ per 1ea

\$4.99
ea
SAVE \$5.01



Swisspers Paper Stem
Cotton Tip 120pk
\$1.25 per 100ea

\$1.50
ea
SAVE \$1.50



Ajax Eco Trigger 450mL
55¢ per 100mL

\$2.49
ea
SAVE \$2.50

**ALL
1/2
PRICE**



Finish Quantum
Ultimate Pro Dish Tablets 32/34pk

**1/2
PRICE**

\$17.99
ea
SAVE \$18.01



Duck Fresh Discs 36mL
\$9.69 per 100mL

**1/2
PRICE**

\$3.49
ea
SAVE \$3.50



Kleenex Toilet Tissue 45pk
23¢ per 100sh

\$18.99
ea
SAVE \$10.00



Cold Power Laundry Detergent 900g/1L

\$6.99
ea
SAVE \$4.01



Pedigree Canned Dog Food 1.2kg
29¢ per 100g

\$3.49
ea
SAVE 51¢



Pedigree Dry Dog Food 2.5/3kg

\$8.49
ea
SAVE \$3.51

GIGANTIC Sale!

FRY'S
TURKISH
DELIGHT
60% LESS FAT



Cadbury/Fry's/
Europe/Toblerone
Medium Bars 30-60g

\$1
ea

SAVE \$1.00



Cadbury Fingers 114g
\$1.31 per 100g

\$1.49
ea

SAVE \$1.51

ALL

1/2
PRICE



Nescafé
Coffee Sachets
10pk/Gold 8pk

\$3.30
ea

SAVE \$3.45



belVita
Breakfast Biscuits 50g 6pk
73¢ per 100g

\$2.19
ea

SAVE \$2.20



Menz
JeliChocs 130g
\$1.73 per 100g

\$2.25
ea

SAVE \$2.44



Rexona Advanced
Antiperspirant 220mL
\$1.70 per 100mL

\$3.75
ea

SAVE \$3.94



Handee
Ultra Paper Towel 2pk
\$1.66 per 100ea

\$1.99
ea

SAVE \$2.11

Offers available from 06/10/21 until 12/10/21

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IGA



Nice & Natural Nut Bars 6pk



\$3.19
ea

LOW PRICE



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



\$5.99
ea

LOW PRICE

On the Menu
Frozen Meals 320g
\$1.87 per 100g



\$3.49
ea

LOW PRICE

Chris' Dip 200g
\$1.75 per 100g



\$1.29
ea

LOW PRICE

Pauls Kids Yoghurt 70g
\$1.84 per 100g



\$2
ea

LOW PRICE

Coca-Cola Cans 250mL
\$8.00 per 1L



\$4.99
ea

LOW PRICE

Fancy Feast
Dry Cat Food 430/450g



\$2.75
ea

LOW PRICE

Palmolive Naturals Soap 4pk
76¢ per 100g



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Specials available from participating Tasmanian Supa IGA, IGA Everyday & IGA Xpress 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.

Visit IGATAS.COM.AU/LOW-PRICES-EVERYDAY for more info

SMOKEY SCOTCH FILLET



 Australian
Beef



\$38⁹⁹
ea

Beef Scotch Fillet Steak

Ingredients

- 600g scotch fillet, trimmed
- 3 tbsp olive oil
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp smoked paprika
- 4 red capsicums
- 2 tbsp plain Greek yoghurt
- 1 can chickpeas, drained
- 1 large bunch watercress
- 1 large orange, segmented
- fresh herbs (to garnish)
- 1 fresh lime

What to do

1. Heat a griddle pan on a high heat. Set the steak on a wooden chopping board and drizzle over 2 tablespoons of olive oil, season both sides with salt, pepper and paprika.
2. Prepare the sauce by roughly chopping 2 of the capsicums into cubes and placing in a saucepan of boiling water for 8 minutes until tender.
3. Remove capsicum and transfer to a blender, and add 2 tablespoons of Greek yoghurt. Process until smooth and set aside.
4. Add the steak to the hot pan, cooking for 3 minutes on each side (or until cooked to your liking).
5. Remove steak from the pan and let it rest for 5 minutes whilst you prep the salad.
6. Slice the remaining capsicum into strips and add that, along with the chickpeas and the remaining olive oil back into the same hot pan, cook for 5-8 minutes, stirring occasionally.
7. Plate the watercress, chickpeas, orange segments, and capsicum.
8. Slice the steak and place on top.
9. Serve with capsicum purée, season as desired, garnish with fresh herbs, and squeeze over fresh lime juice and serve immediately.



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Visit [IGATAS.COM.AU](https://www.igatas.com.au) for more info