



WHERE THE *locals* MATTER

ON SALE 10TH NOVEMBER 2021



Australian

BEEF RUMP STEAK

\$23⁹⁹
kg



1/2
PRICE



\$2¹⁵
ea

Uncle Tobys Muesli Bars 6pk
\$1.16 per 100g

1/2
PRICE



\$4⁷⁹
ea

Sanitarium Up & Go
Breakfast Drink 250mL 6pk
\$3.19 per 1L

1/2
PRICE



\$4⁴⁹
ea

Connoisseur Ice Cream Stick 4/6pk



\$8⁹⁹
ea

Sorbent Toilet Tissue 24pk
21¢ per 100sh

SEE INSIDE FOR MORE SAVINGS



Offers available from 10/11/21 until 16/11/21
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— DRINKS, TREATS & *Pantry* —

NEW AMAZE BALLS

100% AUSSIE
OATS!



1/2
PRICE

\$2.15
ea

Uncle Tobys Protein Balls 84g
\$2.56 per 100g



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

\$1
ea



Moccona Premium
Classic/Infused Coffee 95/100g

\$5.25
ea



Golden Circle Long Life Juice 2L
\$1.50 per 1L

\$2.99
ea



Coca-Cola/
Lift/Fanta/
Sprite Soft
Drink 1.25L
\$1.75 per 1L

\$2.19
ea



Mission Corn Chips 230g
\$1.08 per 100g

\$2.49
ea



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

\$2.99
ea



Dolmio Extra Pasta Sauce 490/500g

\$2.69
ea



Fountain
Specialty/Mint
Sauce 250mL
80¢ per 100mL

\$1.99
ea



\$3.49
ea

McCain Frozen Peas 1kg (excl. Baby)
\$3.49 per 1kg



\$3.99
ea

Birds Eye
Golden Crunch Chips/Wedges 900g
\$4.43 per 1kg



\$4.49
ea

Peters Original Ice Cream 2L
22¢ per 100mL



\$4.99
ea

Ingham's Chicken Breast Tenders 400g
\$12.48 per 1kg



\$10.99
ea

Dynamo/Cold Power
Laundry Detergent 1.8/2L or 1.8/2kg



\$2.35
ea

Pedigree Canned Dog Food 700g
34¢ per 100g



\$3.75
ea

Rexona Advanced Antiperspirant 220mL
\$1.70 per 100mL



\$6.99
ea

Kleenex Viva Paper Towel 6pk
\$1.94 per 100ea

**Twice
the fun**

NEW



\$5.49
ea

Peters Twin Pole 8pk
93¢ per 100mL

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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.

William's
Bread
800-900g

\$3⁹⁹
ea
LOW PRICE



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



\$4
ea
LOW PRICE

Red Rock Deli Dip 150g
\$2.67 per 100g



\$2⁹⁹
ea
LOW PRICE

Bundaberg Raw Sugar 2kg
15¢ per 100g



Mount
Franklin
Spring
Water 1.5L
\$1.99 per 1L

\$2⁹⁹
ea
LOW PRICE



\$3⁹⁹
ea
LOW PRICE

Lindt Excellence/Lindor
Chocolate Block 100g (excl. 70%)
\$3.99 per 100g



\$1²⁹
ea
LOW PRICE

Pauls Kids Yoghurt 70g
\$1.84 per 100g



\$4⁹⁹
ea
LOW PRICE

Fancy Feast Dry Cat Food 430/450g



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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

HEALTHY THAI BEEF SALAD



\$23⁹⁹
kg

Beef Rump Steak
From the Meat Department

Ingredients

- 500g Beef Rump Steak
- 1.5 tbsp fresh lime juice
- 1 garlic clove, crushed
- 1 tbsp brown sugar
- 2 tsp sesame oil
- 1 tbsp fish sauce
- small butter lettuce, torn
- 200g cherry tomatoes, halved
- 2 lebanese cucumbers, ribbons
- 1 red onion, sliced
- herbs/seasoning to taste
(mint, thai basil, chilli)

What to do

1. Whisk together lime juice, garlic, sugar, fish sauce and sesame oil in a jug. Place steak in a large snap lock bag. Drizzle with half the dressing. Place in fridge for 15 minutes to develop the flavours.
2. Preheat a pan or barbecue to high heat. Cook steak for 2-3 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate covered loosely with foil for 5 minutes to rest.
3. Place lettuce, tomato, cucumber, onion and your choice of herbs in a large bowl. Thinly slice steak across grain and add to salad. Drizzle with remaining dressing and gently toss to combine.

recipe provided by www.australianbeef.com.au



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