



# FOOTY FINALS

## RECIPES

- SCORE BIG AT THE BBQ

## TASSIE MADE

- CRAFTED BY LOCAL LEGENDS

## SPECIALS

- GREAT SPECIALS FOR YOUR FOOTY CELEBRATIONS

## COMMUNITY CO

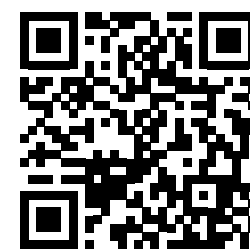
- SEE HOW YOUR PURCHASES CAN BENEFIT YOUR COMMUNITY

*FIND ALL THIS AND MUCH MORE INSIDE*



Offers available from:  
20/09/23 until 03/10/23

**FIND YOUR LOCAL TASMANIAN IGA  
CATALOGUE AND SUBSCRIBE**  
for even more savings, recipes, tips and inspiration



CLAREMONT V KINGBOROUGH  
STJFL - UNDER 14 GIRLS GF



**PROUD SPONSOR OF**



DEVONPORT V PENGUIN  
NWFL - UNDER 16 BOYS GF



PHOTOGRAPHY BY SOLSTICE DIGITAL



EAST LAUNCESTON V LAUNCESTON  
NTJFA - UNDER 17 GIRLS GF



**FOOTY  
FINALS**

Spice up your sausages and dish up something a little different this week.

## Caramelised SAUSAGES

### *Ingredients*

- 8 BBQ sausages
- 1/4 cup brown sugar
- 1 onion, finely sliced
- 2 tomatoes, diced

### *Method*

1. In a large non-stick frying pan over a low medium heat cook the sausages, turning every 10 minutes until golden all over and cooked through, 30 to 40 minutes.
2. Remove from the pan, cover with foil and set aside. Into pan juices, add onions, cooking until golden.
3. Sprinkle with sugar and toss to coat, lowering heat to caramelize, 5 minutes.
4. To serve place sausages then top with the caramelised onions and tomatoes.



**Pandani Sausages 500g**

\$14.00 per 1kg - From the Meat Department

**VIEW RECIPE**



A really classy piece of rump has all the right ratio of fat (look for marbling), muscle structure and flavour. The lemon and basil combine beautifully to complement these steaks.

## Lemon Pesto STEAK

### Ingredients

- 1/3 cup basil pesto
- 1 tbsp lemon juice & zest
- 1 red chilli, finely sliced
- 4x200g rump steaks

### Method

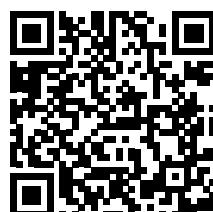
1. In a small bowl, mix together basil pesto and lemon.
2. Season to taste with salt and pepper.
3. Preheat the BBQ to high.
4. Lightly oil the steaks, and season with sea salt and cracked pepper.
5. Grill the steaks to desired doneness, 4 minutes per side for medium.
6. In the last minute, baste the steaks with a little of the pesto sauce.
7. Once done, remove from heat and rest for 5 minutes.
8. Serve topped with the remaining pesto and finely sliced chilli.



**\$23<sup>99</sup>**  
kg

**Beef Rump Steak**  
From the Meat Department

**VIEW RECIPE**





**FOOTY  
FINALS**

A simple twist on this BBQ classic will make you come back for more.

## *Hoisin BBQ* **LAMB CHOPS**

### *Ingredients*

- 2 tbsp hoisin sauce
- 2 tbsp sesame oil
- 2 garlic cloves, crushed
- 12 forequarter lamb chops

### *Method*

1. In a large bowl, combine hoisin, sesame oil and garlic.
2. Add the lamb, turning to completely coat and marinate for at least 30 minutes.
3. Preheat BBQ to medium high.
4. BBQ lamb, basting with marinade, for 6 to 8 minutes on each side for medium or until cooked to your liking.
5. Remove, cover and stand for 5 minutes.
6. Season with cracked pepper to serve.



**\$17<sup>99</sup>**  
kg

**Lamb Forequarter Chops**  
From the Meat Department

**VIEW RECIPE**



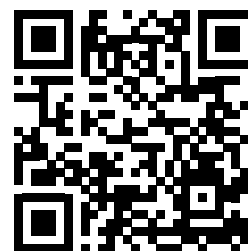
**FOOTY  
FINALS**



## Corn RIBS

**VIEW RECIPE**

The ultimate meatless side dish. Enjoy these flavour packed corn ribs with smokey butter and salty feta.



**\$10<sup>99</sup>**  
ea

**Global Seafoods Frozen Prawn Ring 255g**  
\$43.10 per 1kg - Serving Suggestion



**\$29<sup>99</sup>**  
kg

**Aussie Cooked Large Tiger Prawns**  
Thawed - From the Deli Department



FOOTY  
FINALS



Simply Tasty Salads 800g



**\$1.99**  
ea

SAVE \$1.11

Golden Circle Unsweetened Pineapple 425g  
\$4.68 per 1kg



**\$4.99**  
ea

SAVE \$1.26

Cripps Brioche Slider Buns 8pk  
83¢ per 100g



BLACK & GOLD

**\$2.50**  
ea

Black & Gold Foil Trays 6pk  
42¢ per 1ea



**\$1.40**  
ea

SAVE \$1.49

Multix Alfoil 30cmx10m (excl. Non-Stick)  
14¢ per 1m



**\$1.90**  
ea

Community Co Wooden Cutlery 12pk  
16¢ per 1ea



**\$11.99**  
ea

SAVE 51¢

Heat Beads BBQ Briquettes 4kg  
30¢ per 100g

FOOTY  
FINALS



Meadowlea Spread 500g  
90¢ per 100g



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



Sakata Crackers 90/100g



Thins Multipack 18/20pk



Arnott's Family Assorted Biscuits 500g  
\$1.00 per 100g



Twisties/Burger Rings/Toobs/Cheetos 125-270g

BUY LOCAL  
BUY TASMANIAN

IGA WHERE THE local

PROPER  
**NATIONAL**  
Pies



Product of  
Tasmania

**\$7.99**  
ea

**SAVE \$2.50**

National Pies Party Pies/Sausage Rolls 12pk  
\$1.11 per 100g



**BUY LOCAL  
BUY TASMANIAN**  
IGA WHERE THE *locals* MATTER



Cripps Master Hot Dog/Lunch Rolls 6pk  
50¢ per 1ea

**\$2.99** ea  
SAVE \$1.80



**\$11.99** kg

Pandani Saveloys & Frankfurts  
From the Deli Department

PURE AND CLEAN



**\$1.79** ea  
SAVE 20¢

Hartz Soft Drink/Mixer 1.25mL  
\$1.43 per 1L

100% TASMANIAN MILK

**Betta Milk Plus**



A WHOLE LOT MORE



**\$2.69** ea  
SAVE \$1.30

Betta Flavoured Milk 500mL  
\$5.38 per 1L



**FOOTY  
FINALS**



Ashgrove Cheese 140g (excl. Fetta)  
\$35.64 per 1kg

**\$4.99**  
ea  
SAVE \$2.51



Zoosh Dip  
\$1.35 per 100g

**\$2.49**  
ea  
SAVE \$1.01



Community Co  
Double Brie Cheese 125g  
\$40.00 per 1kg

**\$5**  
ea  
community Co



Philadelphia Sweet Chilli Philly 150g  
\$2.66 per 100g

**\$3.99**  
ea  
LOW PRICE



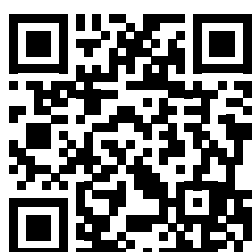
Cabana  
From the Deli Department

**\$14.99**  
kg

*How to Best  
STORE CHEESE*

**THE PARTY IS OVER, AND IT'S TIME TO CLEAN UP.  
WHAT DO WE DO WITH ALL THE LEFTOVER CHEESE FROM  
THE CHEESE PLATTER?**

**GET INSPIRED**



Knowing the right way to store cheese is essential for it to last longer and stay fresher. The best way is to wrap your cheese with greaseproof or beeswax paper and then place it in an airtight container in the fridge. This ensures that your cheese will remain tasty and that your whole fridge won't smell like cheese.

**FOOTY  
FINALS**



**1/2  
PRICE**



**\$2.49**  
ea  
SAVE \$2.51

Harvest  
Snaps 120g  
\$20.75 per 1kg



**BLACK & GOLD**  
**\$2.49**  
ea

Black & Gold Garlic Bread 2pk 450g  
55¢ per 100g



Product of  
Tasmania

**\$5.99**  
ea  
SAVE 51¢

Blue Banner  
Pickled  
Onions 525g  
(excl. No  
Added Sugar)  
\$11.41 per 1kg



**\$5.99**  
ea  
SAVE \$2.96

Chans Yum Cha at Home 8/12pk



**BLACK & GOLD**  
**\$4.49**  
ea

Black & Gold  
Chicken  
Nuggets  
500g  
\$8.98 per 1kg

**JC's**  
**The Source of Life**



**\$9.99**  
ea

JC's Quality Outback Mix 500g  
\$19.98 per 1kg



**\$5.99**  
ea

JC's Backyard BBQ Mix 375g  
\$15.97 per 1kg



**\$8.99**  
ea

JC's Delicious Energy Mix 500g  
\$17.98 per 1kg

**Best Ever  
GUACAMOLE**

**VIEW RECIPE**





**FOOTY  
FINALS**

**IGA**  
**Low  
Prices**  
EVERY DAY



Coca-Cola/  
Fanta/Sprite  
Soft Drink 2L  
\$1.83 per 1L

**\$3<sup>65</sup>**  
ea  
**LOW PRICE**

Red Bull  
Energy Drink  
250mL  
\$11.80 per 1L



**\$2<sup>95</sup>**  
ea  
**LOW PRICE**



Kirks Mixers 6x250mL  
\$4.00 per 1L

**\$6**  
ea  
**LOW PRICE**



Mother  
Energy Drink  
4x500mL  
\$3.90 per 1L

**\$7<sup>80</sup>**  
ea  
**LOW PRICE**



Great Northern Zero Alcohol 6x375mL  
\$4.44 per 1L

**\$10**  
ea  
**LOW PRICE**

## GET YOUR BON ON



**1/2**  
**PRICE**



**\$4<sup>75</sup>**  
ea  
**SAVE \$4.75**

Peters Maxibon 4pk  
85¢ per 100mL



FOOTY  
FINALS

IGA

## Choc Mint TRIANGLES

VIEW RECIPE



1/2  
PRICE

\$349  
ea

SAVE \$3.71

Betty Crocker  
Baking Mixes 400-540g

Betty Crocker  
Frosting 400g  
\$8.73 per 100g

\$349  
ea

SAVE \$3.01

Queen Vanilla  
Extract 50mL  
90¢ per 10mL

\$449  
ea

SAVE \$3.46

Black &  
Gold White  
Sugar 2kg  
12¢ per 100g

BLACK & GOLD

\$249  
ea

Queen 4 Colour Food Dye  
\$1.07 per 10mL

\$299  
ea

SAVE \$1.11

Queen Vanilla Bean Paste 65g  
\$13.83 per 100g

\$899  
ea

SAVE \$3.36

Black &  
Gold Raw  
Sugar 1kg  
20¢ per 100g

BLACK & GOLD

\$199  
ea



**FOOTY  
FINALS**

communityCo

VISIT [WWW.COMMUNITYCO.COM.AU/GIVEBACK/](http://WWW.COMMUNITYCO.COM.AU/GIVEBACK/)  
TO SEE HOW YOUR PURCHASE CAN BENEFIT YOUR COMMUNITY.

Last month IGA  
Tasmania donated  
over \$3000 from  
Community Co  
purchases to these  
local communities,  
charities and other  
worthwhile causes.



Perth Volunteer Fire Brigade Tasmania  
Spring Bay Rotary Club  
New Horizons Tasmania  
Men Care Too Tasmania  
Richmond Primary School Kitchen Garden  
Campbell Town Hospital Auxiliary  
Launceston Benevolent Society  
Burnie Lodge Emergency Accommodation  
Loaves & Fishes Devonport  
West Coast MTB Club Tasmania  
Tresca Community Centre  
Royal Flying Doctor Service Tasmania  
St Helens Hospital Auxiliary



Community Co  
Entertainment Snack Pack 1kg  
\$1.03 per 100g

**\$10<sup>29</sup>**  
ea

communityCo



Community Co  
Frozen Beef Burgers 640g  
\$18.73 per 1kg

**\$11<sup>99</sup>**  
ea

communityCo



Community Co Mustard 190g  
\$1.57 per 100g

**\$2<sup>99</sup>**  
ea

communityCo



Community Co  
Vegetable Oil 750mL  
67¢ per 100mL

**\$4<sup>99</sup>**  
ea

communityCo



Community Co  
Sauce 500mL  
46¢ per 100mL

**\$2<sup>30</sup>**  
ea

communityCo



Community Co  
Coconut Water 1L  
\$3.79 per 1L

**\$3<sup>79</sup>**  
ea

communityCo



Community Co  
Tasty Cheese Slices 250g  
\$26.00 per 1kg

**\$6<sup>50</sup>**  
ea

communityCo



Community Co  
Cordial Syrup 1L  
\$3.69 per 1L

**\$3<sup>69</sup>**  
ea

communityCo

**FOOTY  
FINALS**



**How good is a  
nutty twist to  
your cereal?**

**Try as a tasty breakfast  
or snack on the go!**



**FREE**

IGA TASMANIA GIFT CARD UP TO

**\$500**

**JOIN NOW. SHOP NOW.\***

**st.lukes**  
HEALTH



Right now when you join St.LukesHealth on a combined Hospital & Extras product or Hospital only product, you'll get a free IGA Tasmania gift card worth up to a healthy \$500 for families and couples, and up to \$250 for singles. That'll take the sting out of a few grocery runs.

Drop into any of our locations state-wide. Or call 1300 651 988, or visit [stlukes.com.au/joinnow](http://stlukes.com.au/joinnow)

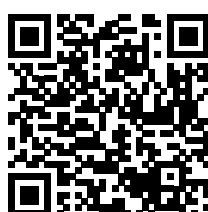


# FOOTY FINALS



Community Co Pasta 500g  
38¢ per 100g

VIEW RECIPE



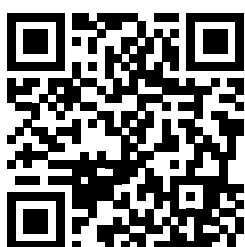
## Chicken Caesar PASTA SALAD

### Ingredients

- 6 chicken thighs
- 1 tbsp olive oil
- smoked paprika
- 1 large cos lettuce, chopped
- 1 cup Caesar dressing
- 1/2 small red onion, finely sliced
- 2 cups croutons
- 50g shaved parmesan
- 500g Community Co Penne Pasta

### Method

1. Preheat the oven to 180°C.
2. Toss the chicken thighs in a tablespoon of olive oil and place in a baking tray. Season with salt and pepper and a pinch of smoked paprika on each. Roast for 20 minutes, drain on kitchen paper and chop into bite-sized pieces.
3. In a large bowl, toss the cos lettuce with half of the Caesar dressing. Add the onion, croutons, chicken and pasta and toss again. Drizzle with remaining Caesar dressing and shave fresh parmesan on top.



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LOCATE

find your local store here  
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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](https://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.