



Fresh Prawns & CREAMY COCKTAIL SAUCE

Ingredients

- · 24 cooked large prawns, peeled with tails
- · 1/2 cup cream
- · 1/4 cup good quality tomato sauce
- · 1 lemon (fresh lemon juice)

Method

Peel your prawns by removing the head and shell. Leaving the tail intact is optional.
 To make the cocktail sauce, combine the cream, tomato sauce and lemon juice in a small bowl.
 Taste and season with sea salt and pepper (you can add a splash of Worcestershire sauce and Tabasco if you have them for additional flavour).
 Fill a round serving bowl three-quarters with crushed ice. Drape the prawns all around its lip so the tail is pointing to the centre of the bowl.
 Into the middle of the dish, nestled into the ice, place the Seafood Sauce. Garnish with wedges of

Dip into the season with this classic and delicious seafood cocktail sauce with a little kick. A tasty BBQ entrée with only 4 simple ingredients and no cooking required.

A perfect recipe for any variety of prawns!





Aussie Cooked Large Tiger Prawns Thawed - From the Deli Department



lemon and Serve immediately.

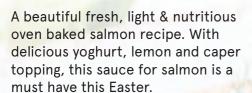






MasterFoods Tartare/ Seafood Cocktail Sauce 220/260g





Oven Baked Salmon with LEMON & CAPER SAUCE

Ingredients

- · 4x140g salmon fillets
- · 2 tsp capers, rinsed and chopped
- · 1 lemon

Method

- 1. Preheat oven to 180°C.
- 2. Combine the yoghurt, capers and 1 tbsp each of lemon zest and juice and season with sea salt and cracked pepper.
- 3. Onto a baking tray, place salmon fillets. Season with lemon juice and cracked pepper.
- 4. Bake for 15 minutes or until cooked to your liking.
- 5. Serve each fillet with a dollop of the sauce and a twig of fresh dill.

· 1 cup Greek yoghurt



\$35.68 per 1kg - From the Meat Department



Birds Eye Fish Fingers 1kg \$10.99 per 1kg



Birds Eye Oven Bake Fish Fillets 425g \$12.35 per 1kg



Safcol Responsibly Fished Tuna 425g \$9.39 per 1kg





ENCRUSTED PORK ROAST

Ingredients

- · 2kg pork leg
- · 1 tbsp olive oil
- · 1/2 cup finely chopped walnuts
- · 1 tbsp snipped fresh rosemary

Method

- 1. Preheat your oven to 180C.
- 2. Remove the rind of your pork and gently place it on a rack in a shallow baking pan.
- 3. Combine walnuts and rosemary; press them over top and sides of your roast.
- 4. Finish with a generous sprinkle of sea salt and cracked pepper.
- 5. Roast for 1½ hours or until juices run clear.









Multix Alfoil 30cmx20m

17¢ per 1m



Easy Golden ROAST CHICKEN

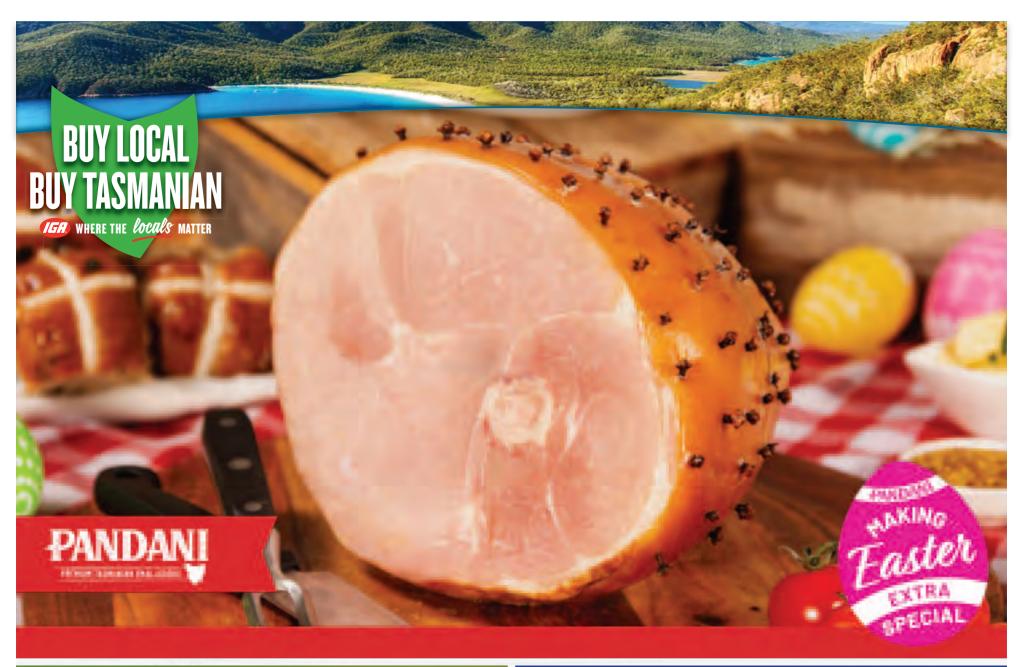
Ingredients

- · 2 tsp ground cumin
- · 1/2 tsp ground cinnamon
- · 2kg whole chicken
- · 80ml apricot preserves

Method

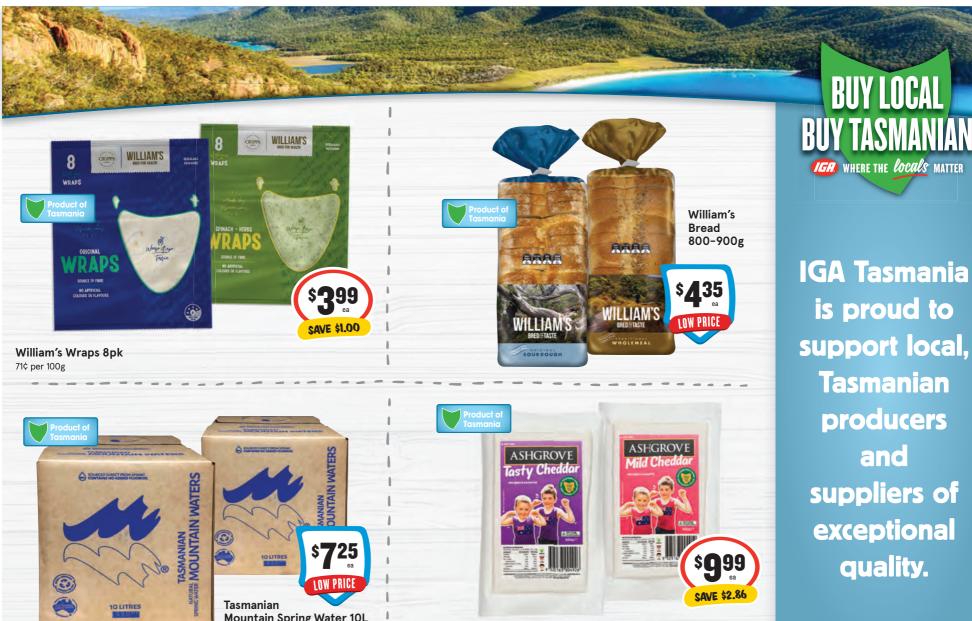
- 1. Mix together the cumin and cinnamon and add 1½ teaspoons sea salt, rub the mix all over the chicken.
- 2. Let sit for at least one hour (even overnight in the refrigerator).
- 3. Preheat oven to 180°C. Place the chicken in a roasting pan, breast-side up and loosely cover with foil.
- 4. Cook for 30 minutes. Remove foil and cook for another 20 minutes.
- 5. Meanwhile, heat the apricot jam in a small saucepan until warm and runny.
- 6. Remove the chicken from the oven, and baste well with the apricot jam.
- 7. Increase the oven temperature to 200°C, and return the chicken to the oven and cook for an additional 10 minutes, basting the chicken again halfway through, until the glaze is bubbling and 'golden'.
- 8. Remove from oven and let rest for 15 minutes before serving.











BUY LOCAL

and











Bundaberg Soft Drink 4x375mL

\$3.66 per 1L



JC's Peanuts Salted/Unsalted 500g \$9.58 per 1kg



Wattle Valley Chunky Dips 150g \$2.33 per 100g



Ravin Crackers 100g \$1.65 per 100g



Arnott's Water Crackers 125g \$1.04 per 100g



Arnott's Country Cheese/Sesame Wheat/Cheds 250g \$1.40 per 100g





B

Carman's Sourdough Crackers 130g \$2.77 per 100g

Carman's Muesli Cookie 215g \$2.23 per 100g





THERE IS NO SUBSTITUTE. ARNOTTS









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

On the Menu Beef Lasagne 1kg 60¢ per 100g



Olive Grove Spread 500g \$1.10 per 100g



Nescafe Blend 43/ Espresso 250g \$6.00 per 100g



Fab Laundry Powder 1kg/ Liquid 900mL 900ml ET = M

Ajax Spray n' Wipe Trigger 475/500mL







VISIT WWW.COMMUNITYCO.COM.AU/GIVEBACK/ TO SEE HOW YOUR PURCHASE CAN BENEFIT YOUR COMMUNITY.





\$2.75 per 1L

\$3.69 per 1L

Community Co Sauce 500mL 40¢ per 100mL

Community Co

Passata 690g

39¢ per 100g





Community Co Vegetable Oil 750mL 67¢ per 100mL



you already know You're GOING YOU'RE GOING -, TO LOVE IT.



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CONNOISSEUR®

GOURMET ICE CREAM



Thrill YOUR SENSES THIS EASTER





Ingredients

- · 125g butter
- · 50g dark chocolate
- · 125g flour
- · 1/4tsp baking powder
- · 35g dutch cocoa powder
- · 100g caster sugar
- 2 eggs
- · Ice cream, chocolate sauce & any toppings of your choice to serve

Method

- 1. Preheat oven to 180C.
- 2. In a microwave safe bowl, melt the butter and dark chocolate in the microwave at 30 second increments until the chocolate is melted and smooth. Set aside to cool.
- 3. Sift the flour, baking powder, cocoa powder and a pinch of salt in a separate bowl.
- 4. In another large bowl, beat the eggs and sugar until pale then add the melted chocolate. Slowly fold in the sifted dry ingredients into the wet and keep folding until you have a smooth even batter.
- 5. Grease a 9cm cupcake or muffin tin and spoon batter into each.
- 6. Bake in the oven for 15 minutes or until the brownies have risen they need to be slightly underdone.
- 7. Once the brownies are out of the oven, press another tin firmly down onto the brownies, flattening the centre to create a bowl. Hold for a minute, then remove tin and leave to cool before removing from the tin. If you do not have an extra muffin tin you can use a measuring cup to make the indentation.
- 8. Serve with ice cream and toppings like sprinkles, chocolate sauce or nuts.











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