



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

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.



\$7 ea

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.



\$23⁹⁹
kg

Beef Rump Steak
From the Meat Department

VIEW RECIPE



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.



\$17⁹⁹
kg

Lamb Forequarter Chops
From the Meat Department

VIEW RECIPE





Corn RIBS

VIEW RECIPE

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



\$10⁹⁹
ea

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



\$29⁹⁹
kg

Aussie Cooked Large Tiger Prawns
Thawed - From the Deli Department



**FOOTY
FINALS**



\$6.99
ea
SAVE \$1.40

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

Community Co Wooden Cutlery 12pk
16¢ per 1ea



\$11.99
ea
SAVE 51¢

Heat Beads BBQ Briquettes 4kg
30¢ per 100g



Meadowlea Spread 500g
90¢ per 100g

\$4.50
ea
LOW PRICE



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

\$5.99
ea
LOW PRICE



Sakata Crackers 90/100g

\$2.30
ea
LOW PRICE



Thins Multipack 18/20pk

\$7.50
ea
LOW PRICE



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

\$5
ea
LOW PRICE



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

\$3.99
ea
LOW PRICE

**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



Product of Tasmania

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



Product of Tasmania



\$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**



Product of Tasmania

\$4.99
ea
SAVE \$2.51

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



\$2.49
ea
SAVE \$1.01

Zoosh Dip
\$1.35 per 100g



\$5
ea
community Co

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



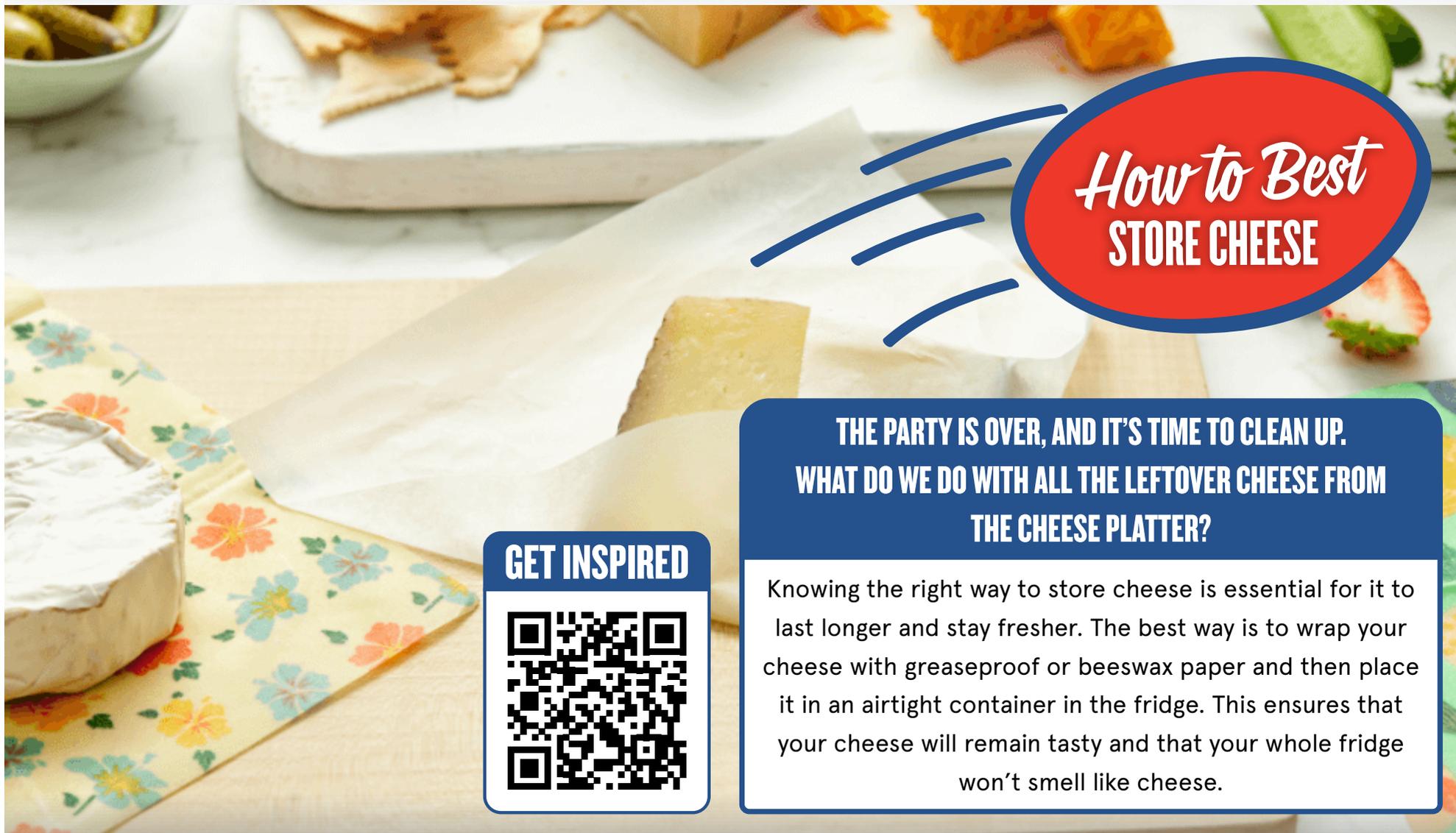
\$3.99
ea
LOW PRICE

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



\$14.99
kg

Cabana
From the Deli Department



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

\$3.65
ea
LOW PRICE

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



\$2.95
ea
LOW PRICE

Kirks Mixers 6x250mL
\$4.00 per 1L



\$6
ea
LOW PRICE

Mother
Energy Drink
4x500mL
\$3.90 per 1L



\$7.80
ea
LOW PRICE

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



\$10
ea
LOW PRICE

GET YOUR BON ON



1/2
PRICE



\$4.75
ea
SAVE \$4.75

Peters Maxibon 4pk
85¢ per 100mL





**Choc Mint
TRIANGLES**

VIEW RECIPE



**1/2
PRICE**

\$3.49
ea

SAVE \$3.71

Betty Crocker
Baking Mixes 400-540g



Betty Crocker
Frosting 400g
\$8.73 per 100g

\$3.49
ea

SAVE \$3.01

Queen Vanilla
Extract 50mL
90¢ per 10mL



\$4.49
ea

SAVE \$3.46

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



BLACK & GOLD

\$2.49
ea



Queen 4 Colour Food Dye
\$1.07 per 10mL

\$2.99
ea

SAVE \$1.11

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



\$8.99
ea

SAVE \$3.36

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



BLACK & GOLD

\$1.99
ea



**FOOTY
FINALS**

community Co

VISIT 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

\$10²⁹
ea
community Co



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

\$11⁹⁹
ea
community Co



Community Co Mustard 190g
\$1.57 per 100g

\$2⁹⁹
ea
community Co



Community Co
Vegetable Oil 750mL
67¢ per 100mL

\$4⁹⁹
ea
community Co



Community Co
Sauce 500mL
46¢ per 100mL

\$2³⁰
ea
community Co



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

\$3⁷⁹
ea
community Co



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

\$6⁵⁰
ea
community Co



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

\$3⁶⁹
ea
community Co

**FOOTY
FINALS**



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

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

**1/2
PRICE**

\$1.49
ea
SAVE \$1.50

Sanitarium So Good Almond Milk 1L
\$1.49 per 1L

\$3.75
ea
SAVE \$1.50

Sanitarium Weet-Bix Bites 500/510g

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



FOOTY FINALS



Community Co Pasta 500g
38¢ per 100g

\$1.89
ea
community Co

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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