

SPAR
UHT Milk Full Cream, Low Fat or Fat Free
6 x 1 litre

74⁹⁹ each

Nescafe Ricoffy 750 g

Get **R20 off**
Rewards Customers Pay **79⁹⁹**

BUY ME TO ENTER TV

SPAR
FULL CREAM MILK
Long Life UHT PROCESS

BUY ME TO ENTER TV

Nescafe Ricoffy
Long Life UHT PROCESS

BUY ME TO ENTER TV

SPAR
Straight Cut, Slap, Crinkle or Skinny Chips 1 kg

32⁹⁹ each

BUY ME TO ENTER TV

All Gold Tomato Sauce 700ml

BUY 2 FOR 50⁰⁰

NutriDay Smooth Yoghurt 6 x 100 g

BUY 2 FOR 30⁰⁰

SPAR Bacon 200 g

BUY 2 FOR 55⁰⁰

STF BEECH

STREAKY BACON BEECHWOOD SMOKED 200 g

SERVING SUGGESTION

DELICIOUS

49⁹⁹ each

DELICIOUS Baked Pasta Meals 300 g

SERVING SUGGESTION

Make those
CALORIES COUNT!

WINE SELECTION

Arabella
Merlot, Shiraz, Pinotage or Cabernet Sauvignon 750 ml

59⁹⁹ each

Beyerskloof
Pinotage 750 ml

79⁹⁹ each

Not For Persons Under The Age Of 18.

#N18 aware.org
www.aware.org.za

TOP OF THE Morning TO YA!

SPAR
Straight Cut, Slap, Crinkle or Skinny Chips 1 kg

32⁹⁹ each

BUY ME TO ENTER TV

All Gold Tomato Sauce 700ml

BUY 2 FOR 50⁰⁰

NutriDay Smooth Yoghurt 6 x 100 g

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SPAR Bacon 200 g

BUY 2 FOR 55⁰⁰

STF BEECH

STREAKY BACON BEECHWOOD SMOKED 200 g

SERVING SUGGESTION

freshline

26⁹⁹ each

Freshline Mushrooms 400 g

BUY 2 FOR 120⁰⁰

Freshline Pizza Assorted

89⁹⁹ per kg

SPAR Select Pork Belly Braai Rashers

freshline

49⁹⁹ per pack

Freshline Luxury Cupcakes Assorted 6s

Indulge!

freshline

RED VELVET CUPCAKES

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Thank goodness it's freshline

SPAR
TENDER and TASTY

PORK SPARE RIBS BARBECUE 1 kg

Get R5 off
Rewards Customers Pay **139⁹⁹** each

Tender & Tasty Par-Cooked Pork Spare Ribs BBQ and Sweet & Sticky 1 kg

SERVING SUGGESTION

28 May is **NATIONAL HAMBURGER DAY!**

Ingredients
Onion rings
Oil, for deep-frying
1 SPAR Freshline onion, cut into rings
150 ml (3/5 cup) cake wheat flour
60 ml (1/4 cup) cornflour
1.5 ml (1/4 tsp) garlic powder
1 SPAR egg, beaten
125 ml (1/2 cup) milk
250 ml (1 cup) dry breadcrumbs

Method
Patties and burger rolls
Combine the mince, onion, garlic, coriander seeds and Worcestershire sauce. Season to taste. Divide the mixture into 4 and shape each into a patty around a 15 ml (1 Tbsp) cube of butter. Heat a splash of oil on medium-high and fry the patties for about 5 minutes on each side or until golden brown. For the burgers, spread the rolls with extra soft butter. Top the roll bases with salad leaves, then a patty, cheese and avocado. Serve with deep-fried onion rings.

Onion rings
Heat enough oil for deep-frying on medium-high. Mix the onion rings through the cake flour, remove and shake off the excess flour. Add the cornflour and garlic powder to the leftover flour and mix well. Add the egg and milk and whisk until smooth. Working with 4 rings at a time, dip them in the batter, shake off the excess and then coat in the breadcrumbs. Deep-fry the rings in batches for 2-3 minutes or until golden. Drain on paper towel and season to taste.

Hamburger with onion rings

SERVING SUGGESTION