

THE SNACK ATTACK



 23⁹⁹ each	 7⁹⁹ each	 11⁹⁹ each	 13⁴⁹ each	 8⁹⁹ each	 32⁹⁹ each	 19⁹⁹ each	 33⁹⁹ each
 14⁹⁹ each	 12⁹⁹ each	 24⁹⁹ each	 34⁹⁹ each	 15⁹⁹ each	 11⁹⁹ each	 33⁹⁹ each	

Stock up and SAVE!



 86⁹⁹ each	 37⁹⁹ each	 31⁹⁹ each	 31⁹⁹ each	 26⁹⁹ each
 42⁹⁹ each	 69⁹⁹ each	 23⁹⁹ each	 25⁹⁹ each	 29⁹⁹ each
 23⁹⁹ each	 44⁹⁹ each	 20⁹⁹ each	 36⁹⁹ each	 13⁹⁹ each
 16⁹⁹ each	 31⁹⁹ each	 14⁹⁹ each	 16⁹⁹ each	 20⁹⁹ each

Spice things up a little...



Mushroom macaroni

PREP TIME 20 mins
COOK TIME 20 mins
SERVES 4

Ingredients

1 onion, chopped
1 tsp chopped garlic
1 tsp chopped chilli (optional)
285g tin SPAR mushroom pieces and stems, drained
½ packet SPAR bacon
410g tin SPAR chopped tomatoes
Salt and pepper, to taste
1 tsp Worcestershire sauce
1 tsp sugar
3 cups uncooked SPAR macaroni
Grated Cheddar cheese, for serving

Method

Fry onion, garlic, chilli, mushrooms and bacon until the bacon is crisp. Add the tomatoes, salt and pepper, Worcestershire sauce and sugar. Simmer for 20 minutes. Boil the macaroni until al dente. Drain and add the bacon mix. Sprinkle over the cheese and serve immediately.

SPAR

Specials available at listed SPAR stores in Namibia from 24 May 2022 up to and including 06 June 2022, while stocks last. We reserve the right to limit quantities. Prices include VAT.