

What's in store?

SHORTCUT TO FLAVOUR

Try this easy and delicious one-pot dinner. Heat 2 tsp olive oil in a frying pan over medium heat. Add 500g Coles Pork Chipolata Sausages and 1 sliced brown onion and cook for 5 mins. Combine **Continental Curried Sausages Recipe Base** and 1¼ cups (310ml) water in a bowl. Add to the pan. Simmer, covered, for 10-15 mins. Stir in ⅓ cup (80ml) coconut milk and a 60g pkt Coles Australian Baby Spinach and cook for 5 mins. Sprinkle with chopped coriander and serve with steamed jasmine rice.



NO-FUSS CURRY



Find, Love, Buy

Shake up your grocery list with the hottest buys hiding in the aisles at Coles.

GREAT START

Wake up to a breakfast the whole family can enjoy with new **Kellogg's Special K Gluten Free**. Made from brown rice, it has the same great taste and crunch as usual but is entirely free from gluten. Serve with fruit and milk or a dollop of gluten-free Coles Brand Vanilla Yoghurt 1kg.



SMART CHOICE



AWARD WINNER

↑ Cheese to please

Coles Brand Australian Extra Reserve Cheddar 500g is a sharp-tasting cheese, perfect for sandwiches and cheese platters, and is also great to snack on. It took out first prize at the 2016 Sydney Royal Cheese and Dairy Produce Show, so you know you're getting high quality as well as great value.

↓ SPOONFULS OF FUN

Two exciting new flavours have been added to the great range of **Coles Brand Ice Cream 500ml** tubs. Refreshing **Mint Cookies & Cream** and indulgent **Choc Honeycomb** are great on their own, with warm desserts or blitzed up in milkshakes. The whole range is made in Australia and contains no artificial colours or flavours.



MUST-TRY
DESSERTS

NEW FROM THE BAKERY

Treat guests that drop by with the delicious new cookie and scone flavour varieties from Coles Bakery. Fruity **Coles Bakery White Chocolate and Blueberry Scones** (4 pack) are great served warm so the chocolate melts. Serve them on a platter with **Coles Bakery Coconut Drop Cookies** (12 pack) for a simple high tea spread.

SWEET
TREATS



PRODUCT OF THE YEAR COLES WINNERS



Check out the great Coles Brand products that came top in their categories at the 2016 Product of the Year awards* - all available now in the aisles at Coles.

*Survey of 14,000 people by Nielsen.

SOUP-ER BOWL

For a convenient meal in minutes, pick up **Coles Microwaveable Pouch Soups**. Made with Australian produce, they range from classics like Creamy Pumpkin to Roasted Sweet Potato, Corn & Quinoa.



WINNER
SOUP
CATEGORY

SLOW COOKING TO GO

Made in Australia from sow-stall free pork and no-added-hormones beef, **Coles Made Easy Slow Cooked Ready to Pull** meats have authentic Southern American flavours. Cooked for hours - so you don't have to - they make a mouth-watering meal.



WINNER
MEAL
SOLUTION
- MEAT
CATEGORY

GO FOR GOLDEN

Pre-marinated for your convenience, **Coles Grill Satay Spiced Chicken Skewers** are an easy dinner or entertaining idea. They're Australian made with no artificial flavours or colours. Serve with a diced cucumber salad.



WINNER
HEAT & SERVE
- MEAT
CATEGORY

FRIEND IN THE FREEZER

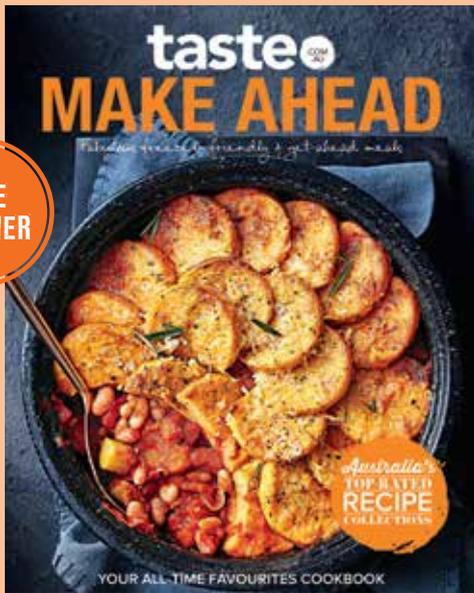
MSC-Certified **Coles Brand Hoki Fillets** are handy to keep in the freezer. With mild-tasting flaky fish fillets in a crumb coating, the range includes gourmet Thai Style and classic Salt & Pepper Crumb.



WINNER
FROZEN/
READY TO
HEAT
CATEGORY

What's in store?

TIME
PLANNER



GET A HEAD START

Sort your weekly meals and stock up your freezer with the **Taste.com.au Make Ahead Cookbook**, \$9.99. It's full of hearty recipes that can be made at least a day ahead or frozen for up to 2 months, saving you time and money.



← NATURALLY SWEET & FRUITY

Enjoy the tangy taste of the tropics all year around with Ocean Spray. Naturally sweetened with stevia, the range of low-sugar cranberry-based fruit drinks includes **Ocean Spray Low Sugar Cran-Mango**, a refreshing blend of mango and cranberry. Serve it over ice and garnish with fresh mint for an instant mocktail.

THE MAGAZINE TEAM



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↑ Choc-a-block

Indulge in new **Coles Brand Belgian Chocolate Blocks***. Made with real Belgian chocolate, and with four varieties to choose from – creamy Milk Chocolate, 70% Cocoa Dark Chocolate, 85% Cocoa Dark Chocolate and White Chocolate with Madagascan Vanilla – the hardest part is deciding which delicious flavour to try first.