



August

FREE

Morrisons News

Picnic get togethers for less

Any
3 for £5
£2 each



1. Cheese & Spring Onion Tarts 2x120g. 2. Spinach & Feta Parcels 132g. 3. Sticky BBQ Chicken Wings 220g. 4. Beetroot & Raspberry Salad 200g. 5. Olives with Lemon & Pepper 220g. 6. Continental Meat Selection 120g. 7. Vegetable Pakora 180g. 8. Mexican Style Grain Salad 230g. 9. Tomato & Basil Baking Feta 150g. 10. Serrano Rolls with Cream Cheese 100g.

Discover more at Morrisons     [morrisons.com](https://www.morrisons.com)

drinkaware.co.uk for the facts Leaflet valid from 27th July - 9th August 2020. Available in majority of stores. Whilst stocks last. Offers/prices may vary at [morrisons.com](https://www.morrisons.com) and Morrisons Daily. All prices, descriptions and images are correct at time of going to print but subject to change. Cheese & Spring Onion Tarts 2x120g, 83.3p/100g • Spinach & Feta Parcels 132g, £1.52/100g • Sticky BBQ Chicken Wings 220g, 90.9p/100g • Beetroot & Raspberry Salad 200g, £1/100g • Olives with Lemon & Pepper 220g, 90.9p/100g • Continental Meat Selection 120g, £1.67/100g • Vegetable Pakora 180g, £1.11/100g • Mexican Style Grain Salad 230g, 87p/100g • Tomato & Basil Baking Feta 150g, £1.33/100g • Serrano Rolls with Cream Cheese 100g. Drinks not included in 3 for £5 multisave offer. Serving suggestions.

Welcome to Morrisons News



Welcome to our August edition of Morrisons News.

As many more of you may be holidaying at home this Summer, we've got an exciting series of events in store to give you recipe inspiration, kicking off with Italy as our first event of many.

If date nights from the comfort of your own home sound good to you, we've got a great offer on our *The Best* range which you'll love to see.

And to help you get ready for the new school term starting in September, we've got the kids covered with our Nutmeg school uniform range, and even better - whatever their age you pay the same price.

Thank you for shopping at Morrisons.

Marina Davies
Editor of Morrisons News



As more of you are holidaying at home this year, we're bringing a taste of holidays to you, starting with Italy. Let your taste buds travel!

Looking for the ideal Antipasti? Try our Prosciutto Crudo which is air dried for a minimum of 9 months, or our Italian Milano salami, seasoned with pepper & garlic.



£1.20, 80g



£2, 120g



£1.90, 90g

Our *The Best* Pitted Nocellara Olives' from the deli are grown in Sicily and are known for their vibrant green colour, meaty texture and unique buttery flavour.

£2.25, 130g



The Napolina range will add the ideal ingredients to make tasty soups, salads, and many more tasty dishes.
50p each, 150g
Starts 5th August 2020



We've got a wide range of cheeses, like grated Parmigiano Reggiano, an ideal topping for your pasta and risotto dishes. For a real taste of Italy, layer hand-cut slices of the Galbani Mozzarella with freshly chopped tomatoes, vibrant basil and fruity extra virgin olive oil, a true classic Caprese salad.



Any 2 for £2,
£1.50 each



PARMIGIANO
REGGIANO

Any 2 for £4,
£2.15-£2.20 each

Bringing your summer holiday home, we've got a whole host of recipes inspired by Italy. Tuck into Caprese Ciabatta and Italian Style Pesto Pork alongside a cool glass of Rosé Aperol Spritz to name just a few - bringing the Italian sunshine to your home this summer. For more recipes, visit [my.morrisons.com/blog/food/italian-recipes](https://www.morrisons.com/blog/food/italian-recipes)



Italian Style Pesto Pork

Pork loin in a garlic and fennel marinade served with pesto roasted Mediterranean vegetables.

Serves family of 4

Ingredients

1.5kg Pork Loin Joint
6 tbsp Olive Oil (3 for pork marinade & 3 for veg)
5 Garlic Cloves (3 whole for pork marinade & 2 minced for veg)
1 Tbsp Mixed Italian Herbs
1 Tbsp Fennel Seeds
1 Large White Onion, wedged
2 Lemons, wedged
4 Tbsp Pesto
400g Mixed Mediterranean Vegetables
350g New Potatoes

Total time required 2hrs 20mins

Step aside traditional Sunday roast! Liquorice notes combined with the salty, nutty flavours of pesto provide a fusion of flavours that transport you to Sunny Italy!

Instructions

1. Pre-heat the oven to gas 9, 240°C, fan 220°C.
2. Cut the rind off the pork joint, leaving the fat in place. Pat the fat dry, score it with a knife at 1cm intervals and rub 1 tbsp of salt into the fat - leave uncovered for 30 mins
3. Pound 3 garlic cloves, 3 tbsp oil, mixed herbs, fennel and a pinch of salt and pepper into a paste and rub all over the pork.
4. Cut the lemon and onion into wedges and arrange in a roasting tray and sit the pork on top (fat side up).
5. Rub another 1/2 a tsb of salt into the fat and pop in the oven for 45mins. Reduce to gas 4, 180°C, 160°C (fan) and roast for a further 1hr.
6. Meanwhile mix the veg, pesto, oil and garlic in another roasting tray and place in the oven for 45mins gas 4, 180°C, 160°C (fan).
7. Serve everything together and enjoy.

Total time required 20 mins

No pizza oven required here! The addition of Pomegranate seeds create sweet bursts of flavour with every bite!

Instructions

1. Pre-heat oven to a gas 6, 200°C, fan 180°C. Crush the garlic and mix with the butter, season and evenly spread on top of each ciabatta.
2. Spread out the mozzarella and tomatoes across both pizzas, season and place in the oven for 6-10 mins until the mozzarella has melted.
3. Remove from the oven, season, sprinkle with fresh rocket, pomegranate seeds, a drizzle of balsamic glaze. Enjoy the taste of Italy on a plate!



Caprese Ciabatta

Chewy and soft ciabatta spread with garlic butter and topped with gooey mozzarella, tomatoes and pomegranate seeds.

Serves family of 4

Ingredients

2 Whole Ciabatta
4 Garlic Cloves, crushed
150g Unsalted Butter, softened
250g Mozzarella
100g Pomegranate Seeds
4 Salad Tomatoes, sliced
Rocket (optional to garnish)
Balsamic Glaze (optional to drizzle on top)



Rosé Aperol Spritz

Bitter Aperol with zesty orange, soda and sweet sparkling rosé.

Serves 1 small jug - 4 servings

Ingredients

200ml Aperol
4 large Oranges (3 juiced and 1 sliced for garnish)
2 Tbsp Caster Sugar
300ml Sparkling Rosé Wine
200ml Soda
1 Grapefruit, sliced (optional garnish)

Total time required 5 mins

Aperol spritz just got a refresh! Replacing prosecco with sparkling rosé wine adds a sweet and floral note that counteracts the bitterness of the Aperol!

Instructions

1. Juice 3 of the oranges, then whisk together the Aperol, orange juice and sugar until fully dissolved and pour into a serving jug with ice.
2. Pour in the sparkling rosé wine and stir.
3. Top up with soda, add orange and grapefruit discs/wedges and stir. The perfect aperitif for dining alfresco!



In store from
10th August

Keep an eye out for our other Taste of Holidays events.



In store from
24th August

Food to Order

Celebrating every occasion

Pick up our new Food to Order guide in store or see the full range online at [morrisons.com/foodtoorder](https://www.morrisons.com/foodtoorder)



Discover more at Morrisons



Making your shop cost less

 <p>85p 2x135g</p>	 <p>60p 250g</p>	 <p>4 for £1 30p each</p>	 <p>£1 142g</p> <p>Ends 4th August 2020</p>	 <p>£1 325g</p>	 <p>£1.15 100 tablets</p>	 <p>£2.10 700g</p>	 <p>£2 400g</p>
 <p>£1.10 each</p> <p>227g</p>	 <p>£1.25 290g</p> <p>Ends 2nd August 2020</p>	 <p>£1.50 350g</p>	 <p>£1.50 each</p> <p>150g</p>	 <p>£4 250g</p>	 <p>2 for £4 £2.50 each</p> <p>425g 400g</p>	 <p>£1.25 each</p> <p>2 litre</p>	 <p>£1 each</p> <p>8 pack</p> <p>Starts 5th August 2020</p>
 <p>£1.65 each</p> <p>44g 58g 46g</p>	 <p>90p 400g</p>	 <p>£3 each</p> <p>24g 60g 60g</p>	 <p>£1.25 420g</p>	 <p>HALF PRICE £1.25 each</p> <p>200g</p>	 <p>£1.50 each</p> <p>433g</p> <p>Starts 5th August 2020</p>	 <p>£1.50 30 pack</p> <p>Starts 5th August 2020</p>	 <p>£2 150g</p>
 <p>HALF PRICE £1 400g</p>	 <p>£1.50 each</p> <p>96g Starts 5th August 2020</p>	 <p>£2.50 each</p> <p>6x380ml 4x500ml</p>	 <p>SAVE 1/3 £4 each</p> <p>200g</p> <p>Starts 5th August 2020</p>	 <p>£2 600g</p> <p>Starts 5th August 2020</p>	 <p>£2 each</p> <p>60g</p>	 <p>SAVE 1/3 £2 400g</p>	 <p>40p 42g</p>
 <p>£5 each</p> <p>24x200ml</p> <p>Ends 4th August 2020</p>	 <p>Any 2 for £4 £3.75 each</p> <p>1.5l</p>	 <p>£8 75cl</p>	 <p>£16.50 £14 each</p> <p>70cl</p>	 <p>£1.60 £1 2x70g</p>	 <p>£1.53 £1 800g</p>	 <p>£1 each</p>	 <p>£2 each</p>

drinkaware.co.uk for the facts Leaflet valid from 27th July - 9th August 2020. Available in majority of stores in England & Wales, excludes Scotland. Whilst stocks last. Offers/prices may vary at morrisons.com and Morrisons Daily. All prices, descriptions and images are correct at time of going to print but subject to change. VeeTee Basmati Rice Duo 31.5p/100g • Batchelors Bigga Peas 24p/100g • Bella Napoli Beans 7.5p/100g • Loma Linda Tuno In Spring Water 70.4p/100g • Paxo Golden and Natural Breadcrumbs 48.5p/100g • Levi Roots Reggae Reggae Sauce 43.1p/100g • Branston Hot Dog Tomato & Red Pepper Relish Squeezeable 42.9p/100g • Bisto Best Beef and Best Chicken Gravy 1/100g • Schwartz Cajun Seasoning 13.75/100g • Schwartz Steak Season Jar 13.59/100g • Schwartz Chinese 5 Spice 12.84/100g • Aunt Bessies Crumble Mix 22.5p/100g • Schwartz Mixed Peppercorns Grinder 12.50/100g • Schwartz Pink Himalayan Salt Grinder 15/100g • Schwartz Japanese 7 Spice Grinder 15/100g • Sharwoods Tikka Masala Sauce 29.8p/100g • Billingtons Barista Sugar Crystals 25p/100g • Nescafe Gold Oat, Almond and Coconut Latte 11.56/100g • Lucabade 6x380ml 11.10/litre • Lucabade 4x500ml 11.25/litre • Nescafe De-Caff and Original 12/100g • Fruit Shoot 11.04/litre, when it's gone it's gone • Ribena Original and Ribena No Added Sugar 12.50/litre • Gordon's Pink and Sicilian Lemon Gin 120/100g • Askeys Chocolate Fudge Brownie 30.8p/100g • Truvia Sweetener Tablets 1.2p each • Lyle & Sons Golden Syrup 30p/100g • Mr Kipling Unicorn Cake Mix 50p/100g • Betty Crocker Vanilla Buttercream 62.5p/100g • Betty Crocker Velvety Vanilla Cake Mix 58.8p/100g • 7up Free and Tango Orange 62.5p/litre • Penguin Original and Orange 12.5p each • Pringles Original, Salt & Vinegar, Sour Cream & Onion and BBQ 62.5p/100g • McVitie's Milk and Dark Chocolate Digestives 34.6p/100g • Jaffa Cakes 5p each • Marmite Biscuits For Cheese 1.33/100g • Multigrain Cheerios 33.3p/100g • Grenade Bars 12.5p/100g • Fuel Chunky Chocolate Granola 50p/100g • Soreen Malt Loaf Bar 95.2p/100g • Bonne Maman Chocolate Mousse 71.4p/100g • Warburtons Wholemeal 12.5p/100g.



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Morrisons
Since 1899

FREE FROM

Discover our Free From range in store and online today, like Warburtons Gluten Free loaves, Koko milk and many more.

GLUTEN FREE • WHEAT FREE • MILK FREE



Pair & Share



Griddled Chicken with Avocado and Lime Salsa

Pair this delicate, crisp Rosé with tasty griddled chicken. This Griddled Chicken with Avocado and Lime Salsa is an ideal light Summer dinner, why not pair this with Yellow Tail Rosé and enjoy in the garden.

Serves 2
Preparation time: 10 mins
Cooking time: 15 mins

Ingredients:
1 Avocado, peeled and diced
1 Red onion
1 Red chilli
2 tbsp Coriander, chopped
1 Tomato, diced
2 tbsp Olive oil
1 Lime, juice only
2 Chicken breasts
1 clove Garlic, crushed

Method:
To make your salsa, mix the avocado, red onion, red chilli, coriander and tomato together in a bowl with 1tbsp olive oil and lime juice. Season to taste.

Bat out the chicken breasts with a rolling pin between two sheets of cling film to flatten, then rub with the garlic clove and 1tbsp olive oil. Griddle until cooked through.

Serve with the salsa and sweet potato wedges.



£7, 75cl

Lighter Fish & Chips with Roasted Baby Tomatoes

Pair this refreshing Sauvignon with fish & chips, ideal for a date night. Our baked take on an old favourite is a great idea for a fakeaway. Pair this with Yellow Tail Sauvignon Blanc and that's Friday night sorted.

Serves 2
Preparation time: 10 mins
Cooking time: 30 mins

Ingredients:
220g White Fish
4 Maris Piper Potatoes
1 Lemon
55g Breadcrumbs
30g Parsley
200g Baby Plum Tomatoes
3 tsp Olive Oil

Method:
Preheat oven to 200°C. Zest the lemon and mix with the breadcrumbs. Add juice of half the lemon, a teaspoon of oil and chopped parsley. Top the fish evenly with the breadcrumb mixture.

Season the fish with salt and pepper to taste, then place on a baking tray to cook for 30 mins, turning after 15 mins, so the fish cooks evenly.

Microwave the potato whole for 6 minutes and then cut into chips, leaving the skin on. Toss the chips in a bowl with 2 teaspoons of oil (season if required). Lay the chips in a single layer on a large baking tray, bake for 15-20 minutes till golden brown and crispy.

Place the plum tomatoes on the same tray as the fish, bake them in the oven for the final 15 minutes of the chips' cooking time.

Once all cooked, place the fish, chips and roasted tomatoes on the plate and enjoy with a squeeze of lemon.



£7, 75cl



Navy
2 pack
cardigan
3-13 yrs
£8

Charcoal
2 pack
zip front pinny
3-10 yrs
£9



Red
2 pack
cardigan
3-13 yrs
£8

Charcoal
2 pack
skirt
3-12 yrs
£7

Charcoal
2 pack
reg fit
trousers
3-13 yrs
£8



Black
coat
3-14 yrs
£20

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Nutmeg

morrisons.com/nutmeg



White
3 pack
boys polo
3-13 yrs
£3.95

Charcoal
2 pack
reg fit
trousers
3-13 yrs
£8

White
3 pack
Girls polo
3-13 yrs
£3.95



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Fridge and freezer fillers

*Frozen

<p>£1 4x85g</p>	<p>HALF PRICE £2 £1 1 litre</p>	<p>£1.30 each</p>	<p>NEW £1.50 each</p>	<p>£1.50 275g</p>	<p>£1.50 260g</p>	<p>£1.50 600g</p>	<p>£2.25 £2 227g</p>
<p>£1.90 £1.50 200g</p>	<p>£2.10 £1.60 150g</p>	<p>Any 2 for £3 £2 each</p>	<p>£2.50 £2 each</p>	<p>£2 270g</p>	<p>£2 each</p>	<p>£2 each</p>	<p>HALF PRICE £4 £2 300g</p>
<p>£2 each</p>	<p>Any 2 for £3 £2.75 each</p>	<p>Any 2 for £3 £1.90 each</p>	<p>£3.50 £2.50 each</p>	<p>£2 270g</p>	<p>£2 each</p>	<p>£2 each</p>	<p>HALF PRICE £4 £2 300g</p>
<p>NEW 75p each</p>				<p>£3 400g</p>	<p>£5 £3 465ml</p>	<p>£4.80 £3 465ml</p>	<p>£3.25 697g</p>
<p>NEW 180g RASPBERRY & HAZELNUT granola 13g OF PROTEIN</p>	<p>NEW 180g NUTS & CHOCOLATE coated balls granola 13g OF PROTEIN</p>	<p>NEW 180g BANANA & ALMOND granola 13g OF PROTEIN</p>	<p>£4 £3.50 220g</p>	<p>£3.80 each</p>	<p>£3.80 each</p>	<p>£3.50 750g</p>	

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Discover more at Morrisons

Health, Beauty & You

Enjoy great value on toiletries and dental care. Visit the Health & Beauty aisle today.

 <p>NEW £1 each 75ml</p>	 <p>NEW £2 200ml</p>	 <p>NEW £2 200ml</p>	 <p>NEW £2 250ml</p>
 <p>NEW Any 2 for £3 £2 each 150ml</p>	 <p>£1.62 £1 250ml</p>	<p>Any 2 for £2 £2 each 100ml</p> 	<p>HALF PRICE £4 £2 75ml</p> 
<p>£5 £3 75ml</p> 	<p>NEW £3.60 40g</p> 	<p>NEW £7 100ml</p> 	<p>NEW £5.50 200ml</p> 
<p>NEW £2.50 4 pack</p> 	<p>NEW £13 1 razor + 5 blades</p> 	<p>NEW £14 1 razor + 5 blades</p> 	<p>NEW £20</p> 
<p>NEW £4.50 150ml</p> 	<p>NEW £6.50 350ml</p> 	<p>NEW £6.50 100ml</p> 	<p>NEW £6.50 30ml</p> 

Baby essentials

<p>NEW 70p 15g</p> 	<p>NEW £1.50 each 32g</p> 	<p>NEW £1.50 each 130g</p> 	<p>NEW £1.75 each 4x6g</p> 
<p>NEW £2.30 4x15g</p> 	<p>NEW £2.75 each 6x10g</p> 	<p>2 for £4.50 £2.80 each 4x200ml</p> 	<p>2 for £5.50 £3.20 each 4x200ml</p> 
<p>£7.50 £5.50 14x25g</p> 	<p>£8 £6 14x33.6g</p> 	<p>£9.50 £7 350g</p> 	<p>£10.50 £8 470.4g</p> 

Breastfeeding is best for babies. Follow On Milk should only be used as part of a mixed diet and not as a breastmilk substitute before 6 months. Use on the advice of a healthcare professional. Use growing up milk as part of a varied, balanced diet from 1 year. Contains vitamin D to support the normal function of the immune system.

<p>NEW £3 each 150ml</p> 	<p>£2.30 £1.85 60g</p> 	<p>£4 £3.50 16 pack</p> 	<p>£4 £3.50 16 pack</p> 
<p>£10 £7 200ml</p> 	<p>£8.50 £7 48 pack</p> 	<p>£12 £10 14 pack</p> 	<p>£18 £10 80 pack</p> 

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Discover more at Morrisons

Making date night special

Fancy a date night? Why not make it *The Best*, with our Date Night For Two offer. Choose 2 mains, 2 sides, dessert and a bottle of wine or Prosecco, all for £12. We've got plenty of choices to choose from, including vegetarian options.



DATE NIGHT
FOR TWO
£12



CHOOSE
2 MAINS
+
2 SIDES
+
DESSERTS
+
WINE

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Discover
Morrisons News
online, visit
morrison.com/news

drinkaware.co.uk for the facts Available in majority of stores. Alcohol only included within offer in England, excludes Scotland and Wales due to minimum unit pricing. Offers/prices may vary at morrison.com and Morrisons Daily. *The Best* King Prawn Chilli & Sunblush Tomato Linguine 400g, £3, £7.50/kg • *The Best* Lasagne al Forno 400g, £3, £7.50/kg • *The Best* Sparkle Rocket Salad 75g, £1.50, £2/100g • *The Best* Garlic & Parsley Ciabatta Bread Sticks 140g, £2, £14.29/kg • *The Best* Raspberry Panna Cotta Dessert 2x108g, £2.50, £1.16/100g • *The Best* Soave Classico 75cl, £6.50. Serving suggestions.