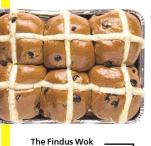


## ON THE SHELF

I Morgenster Extra Virgin Olive Oil has been awarded the top score of 98 points out of 100 for the second year in a row by the authoritative international Flos Olei competition and guide, which assess the world's best olive oils. Well done!

Fry's Meat Free Mince with Vegan Gravy is a great solution to a speedy supper. Just add beans and salad to whip up a burrito feast or use it to make a lasagne, stew or bobotie.





PnP hot cross buns are the softest and freshest Easter treat. Serve with a lick of butter and a dollop of jam, or add grated cheese for a classic Easter breakfast.

range of frozen foods offers a fusion of exotic flavours and ingredients. Try the new Bali Stir Fry mix, which includes French green beans, water chestnuts, broccoli, carrots, cauliflower and red peppers.





The Duck Farm
has a wide range
of products, from
duck fat (great for
roasting potatoes!)
to succulent
smoked duck
breasts. Available
from PnP in the
Western Cape,
expanding to more
regions soon.