



5 & 6 EASTERN FLAVOURS Influenced by Thai, Chinese and Indian cuisine, Malaysian food is full of vibrant flavours. To recreate its authentic dishes at home, try the **Malay Taste** range of sauces and meal kits, made to traditional family recipes and prepared in South East Asia from fresh local ingredients. Look out for the **Laksa Meal Kit**, £2.69/220g, containing aromatic laksa paste, coconut milk and noodles - just add juicy prawns for a rich noodle soup (top right). Or try the **Nasi Goreng Meal Kit**, £2.69/165g, with a fragrant spice paste, dried vegetables and cooked rice ready to combine with chicken and top with an egg for a spicy fried rice dish for a lovely supper (right).



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7 LATIN GOLD Already loved by fashionable restaurants in the US, Chilean oils have started winning awards in Italy and Spain, where they know more than most about good olive oil. If you want to taste what the fuss is all about, try **Aura Chilean Extra Virgin Olive Oil**, £7.49/500ml. Made from Arbequina, Arbosana, Koroneiki and Picual olives, Aura has a fruity flavour, with green apple, herb and almond notes. On **introductory offer** at £4.99/500ml (£7.49 from 17 October).

8 GOLD STANDARD If you like the cool, clean taste of Fosters, but want something a little bit more sophisticated for parties and entertaining, new Fosters Gold is for you. A premium lager chill-filtered to 4.8%, it has a crisp, refreshing flavour, and comes in a sleek, minimalist bottle with an embossed grip, for those times when slurping from a can just won't cut it. Currently on **introductory offer** at £5.43/6x300ml (£6.79 from 12 October) - just in time for the Rugby World Cup.

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£10 DINNER FOR TWO

Treat yourself to a night in with our great-value meal deal: a delicious main dish and a side dish to go with it, a tempting pud and a bottle of wine or box of chocolates, all for £10. With dishes from our restaurant-inspired Menu From Waitrose range, it's well worth staying in for.

Main course



Side dish



Dessert



Wine or chocolates



OFFER ENDS 5 OCTOBER