



Zucchini
Product of Mexico

SUPER DEAL!

99¢
/lb

Hothouse Tomatoes
Product of Canada

\$1.29
/lb

Clementines
Product of Morocco

\$1.99
/lb

Broccoli
Product of Mexico

\$1.99
/ea

Coriander
Product of USA/Mexico

\$1.49
/ea

Lemons
Product of Spain

2/99¢

Seedless Green Grapes
Product of Peru

\$2.49
/lb

10 lb PEI Potatoes
Product of Canada

\$3.99
/bag

Golden Pineapples
Product of Honduras

\$2.99
/ea

Romaine Hearts
Product of Mexico

\$3.99
/3 pack

Cantaloupes
Product of Honduras

\$2.99
/ea

WHAT'S FOR DINNER?



Enjoy the recipe online!

Thai Coconut Cod

Ingredients

- 1 cup chicken stock
- 8 ounces thick rice noodles
- 2 tbsps fresh ginger, *grated*
- 3 medium cloves garlic, *chopped*
- ½ tsp turmeric
- 1 cup coconut milk
- 1½ pounds fresh cod, *cut into 1-inch pieces (thick cut)*
- ½ cup fresh cilantro, *chopped*
- 1½ cup chopped green onions
- 3 to 4 tbsps freshly squeezed lemon juice
- 2 medium ripe tomatoes, *chopped and seeded*
- 2 cups of bean sprouts, *chopped*
- sea salt and freshly ground black pepper to taste

Instructions

In a large saucepan, bring the chicken stock to a boil. Turn to simmer and set this aside. In another pot, cook rice noodles according to package directions. When cooked, drain noodles and divide between 4 bowls. To the simmering chicken stock, add the ginger, garlic and cod. Cook for about 3 minutes, stirring constantly. Add the turmeric, coconut milk and simmer on medium-high heat for about 5 minutes. Add cilantro, green onions, lemon juice, and tomatoes. Cook for about 3 minutes more. Turn off heat and season with salt and pepper to taste. Ladle over noodles and top with chopped bean sprouts. Makes 4 servings.

OUR COMMUNITY Matters

“We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price.”

David Barstead
Owner/Operator of Produce Depot
Carling Location



Visit online!





BUTCHER



\$7⁹⁹ /lb
\$17.61/kg

Inside Round Steaks or Roast



\$3⁹⁹ /lb
\$8.80/kg

Fresh Whole Pork Side Ribs

Fresh Medium Ground Beef



\$5⁹⁹ /lb
\$13.21/kg

SEAFOOD



\$11⁹⁹ /lb
\$26.43/kg

Fresh Wild Caught Cod Fillets

MAKE IT OUT TONIGHT! RECIPE ON FRONT PAGE producedepot.ca



\$5⁹⁹ /lb
\$13.21/kg

Basa Fillets

PREVIOUSLY FROZEN



\$16⁹⁹ /lb
\$37.46/kg

Tuna Loin Steaks

PREVIOUSLY FROZEN

DELI



\$3⁹⁹ /125g

Castello Brie or Camembert Cheese



\$2⁵⁹ /100g

Hot or Mild Genoa Salami



\$2²⁹ /100g

St. Albert Marble Cheddar Cheese

GROCERY



\$5⁹⁹ /1kg

Kraft Peanut Butter Assorted Varieties



\$3⁶⁹ /6 pack

Dempster's Bagels Assorted Varieties



\$4⁹⁹ /12x100g

Astro Yogurt Assorted Varieties