



Australian distributor of SIMPKINS TRAVEL SWEETS



www.3p.com.au

J61	MIXED FRUIT DROPS 200g	J71	COFFEE 175g
J62	TROPICAL FRUIT 200g	J72	APPLE RASPBERRY CRANBERRY 200g
J63	ORANGE LEMON GRAPEFRUIT 200g	J73	RHUBARB CUSTARD 175g
J64	STRAWBERRY & CREAM 200g	J74	MANDARIN & LIME 175g
J65	MIXED MINT 200g	J75	TROPICAL SUGAR FREE 150g
J66	BARLEY SUGAR 200g	J76	MIXED FRUIT SUGAR FREE 150g
J67	BUTTERSCOTCH 200g	J77	FOREST FRUIT SUGAR FREE 150g
J68	BLACKCURRANT 200g	J82	LEMON HONEY CHAMOMILE 175g
J69	FOREST FRUIT 200	J88	CAPPUCINO SUGAR FREE 175g
J70	CITRUS LEMON SOUR CHERRY 200g	J92	EUCALYPTUS LEMON 175g NEW!



NEED A COPY OF AN INVOICE?

If you go to the bottom of your emailed account statement and click on 'Pay Now' you can reprint your invoices 😊

PAY by CREDIT CARD
MASTERCARD or VISA



NO CREDIT CARD FEES!

Phone: (02) 4962 3822 (02) 9232 7820
Fax: (02) 4962 3818 Email: sales@3p.com.au



SB810



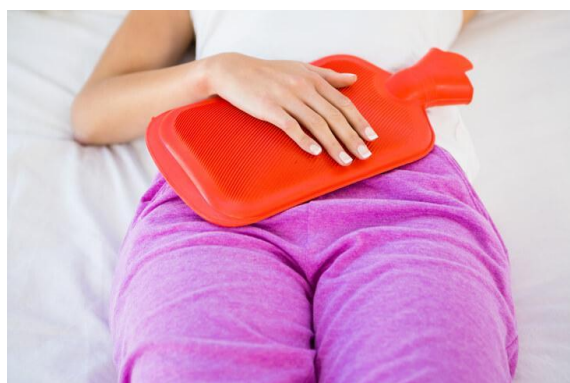
www.3p.com.au



2 LITRE HOT WATER BOTTLE

R/R \$9.99

Available in... **BLUE, PURPLE, RED**



EC - Ear Candles 1pr R/R 9.99

EC4 - Ear Candles 2pr R/R \$18.99

**ECB - Ear Candles 1pr
(Display of 12) R/R \$9.99ea**

**ECDOZ - Ear Candles 72 pairs
(bulk buy) R/R \$6.99ea**



JoOlley

EAR CANDLES

www.3p.com.au



Best Sellers!



• YOUR MUST-HAVES •

PILL32
SURGICAL BASICS
PILL CUTTER
TRANSPARENT
R/R \$6.99



PILL 41
SURGICAL BASICS
PILL BOX 7 DAYS
2 PER DAY 24 x 12 x 2cm
R/R \$15.99



SB422
SURGICAL BASICS
MALE URINAL
GRADUATED
w/ lid 1000ml
R/R \$14.99



SB8641
FOAM ISLAND
DRESSING
10 x 10 cm
25 pack
R/R \$6.99



SB840
SURGICAL BASICS
HEAT PACK
18 x 38cm
SILICONE CORDUROY
R/R \$19.99



SB842
SURGICAL BASICS
HEAT PACK 18 x 18cm
SILICONE CORDUROY
R/R \$14.99



SB843 - R/R \$24.99
SURGICAL BASICS
HEAT PACK 63 x 12cm
SILICONE CORDUROY



Phone: (02) 4962 3822 (02) 9232 7820

Fax: (02) 4962 3818 Email: sales@3p.com.au

WINTER WARMER



MINISTRONE with QUINOA & BRUSSEL SPOUTS

INGREDIENTS

2 tbs extra virgin olive oil
150g flat pancetta, chopped
1 leek, washed and thinly sliced
1 garlic clove, finely chopped
1 carrot, chopped
1 celery stick, chopped
400g can chopped tomatoes
1 parmesan rind (optional)
2 Desiree potatoes, peeled and cut into 2cm pieces
400g can borlotti beans, drained
350g brussels sprouts, quartered lengthways
100g quinoa
Crusty bread to serve



METHOD

1. Heat the oil and pancetta in a large saucepan over medium heat. When the pancetta begins to sizzle, cook for 2-3 minutes until the fat has rendered. Add the leek, garlic, carrot and celery and cook for 2-3 minutes until softened. Add tomatoes, parmesan rind, potatoes and 1L water.
2. Bring to a simmer and then cook for 15 minutes. Add the beans, sprouts and quinoa, then cook for a further 10 minutes until quinoa is tender and flavours have infused. Season to taste.
3. Top with blanched brussels sprouts leaves and serve with crusty bread. 😊

