



Beef and Pumpkin Tagine

Meal Cost Calculation

The recipes that are part of the 'Feed Four for \$15' campaign are suitable for four people based on an average meal size as determined by Countdown.

The cost of each meal is based on the actual quantity or portion of each ingredient used in the recipe, not the cost of the whole ingredient. For example, if the recipe requires half an onion, then the price used when calculating the meal cost will be half the cost of a whole onion, or if 2 cups of rice are required for a recipe, the price used when calculating the meal cost will be for 2 cups of rice (as opposed to the whole packet). The price of packaged dried herbs and spices used in the recipes is based on a percentage of the value of a whole packet, even if a smaller portion is used in an individual recipe. Remember, if an ingredient is purchased and only a portion is used, the rest can be used at a later stage.

Countdown assumes that you already have some basic items available at home which may not be included in the meal cost. These basic items vary from recipe to recipe and may include salt, pepper, oils, flours, milk, butter, bread and sugar.

Recipes identified as gluten free, dairy free or vegetarian has no ingredients known to commonly contain gluten, dairy, meat or meat products. As a pre-caution always check the ingredients you are using.

Prices of ingredients are based on the everyday (or non-promotional) price as determined on 12 December 2016. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

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Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2 Tbsp	oil	PANTRY ITEM	\$ - -	\$ -	
400g	chuck steak	Beef Chuck Steak	\$ 17.99 /kg	\$ 7.20	
1	onion	Loose Brown Onions	\$ 2.49 /kg	\$ 0.37	1 onion = 150g
4 cloves	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.49 /450g	\$ 0.16	1 garlic clove = 5g
3 tsp	cumin	Gregg's Cumin Seeds 31g	\$ 4.00 /31g	\$ 0.77	Cost based on 10% of pack
2 tsp	coriander	Gregg's Ground Coriander 30g	\$ 2.39 /30g	\$ 0.24	Cost based on 10% of pack
1 tsp	ground ginger	Gregg's Ground Ginger 30g	\$ 2.39 /30g	\$ 0.12	Cost based on 5% of pack
1 tsp	turmeric	Gregg's Ground Turmeric 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1/4 tsp	nutmeg	Gregg's Nutmeg 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1/4 tsp	chilli flakes	Select Chilli Flakes 23g	\$ 2.00 /23g	\$ 0.10	Cost based on 5% of pack. Price Lockdown
400g	canned tomatoes	Homebrand Diced Tomatoes 400g	\$ 0.80 /400g	\$ 0.80	PRICE LOCKDOWN
2 cups	pumpkin	Cut Crown Pumpkin	\$ 2.49 /kg	\$ 1.25	1 cup = 250g
1/2 cup	dates	Homebrand Dates 400g	\$ 1.99 /400g	\$ 0.42	1 cup = 170g
1/4 cup	almonds	Freshlife Almonds 200g	\$ 4.29 /200g	\$ 0.64	1/4cup=30g
1 cup	silver beet	Pre-packed Silverbeet 500g	\$ 2.79 /500g	\$ 0.93	cost based on 1/3 of pack
1 1/2 cup	couscous	San Remo Couscous 500g	\$ 2.89 /500g	\$ 1.56	1 cup =180g
Total cost to make meal				\$14.80	