



## Corned Silverside with Mustard Sauce

### 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.

Classic Corned Silverside with Mustard Sauce

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
1kg	corned silverside	Corned Silverside	\$ 10.99 /kg	\$ 10.99	
1	onion	Loose Brown Onions	\$ 2.49 /kg	\$ 0.37	1 onion = 150g
10	whole cloves	Gregg's Cloves 25g	\$ 2.39 /25g	\$ 0.24	cost based on 10% of pack
2 Tbsp	brown sugar	PANTRY ITEM	\$ - -	\$ -	
1/4 cup	vinegar	Homebrand Malt Vinegar 1L	\$ 1.97 /1L	\$ 0.12	
1 tsp	mixed spice	Gregg's Mixed Spice 30g	\$ 2.39 /30g	\$ 0.24	cost based on 10% of pack
400g	potatoes	Loose Agria Brushed Potatoes	\$ 2.49 /kg	\$ 1.00	
3 Tbsp	butter	PANTRY ITEM	\$ - -	\$ -	
	parsley or mint	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.70	cost based on 1/4 pack
2 cups	frozen peas	Homebrand Peas 1kg	\$ 2.29 /1 kg	\$ 0.92	PRICE LOCKDOWN
20g	flour	PANTRY ITEM	\$ - -	\$ -	
1 tsp	mustard powder	Colmans Mustard Powder 57g	\$ 3.49 /57g	\$ 0.35	cost based on 10% of pack
<b>Total cost to make meal</b>				<b>\$14.92</b>	