



Chicken Lentil Salad

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 20 March 2017. 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	chicken breasts	Fresh Boneless Chicken Breast Skin On Value	\$ 13.00 /kg	\$ 5.20	1 chicken breast = 200g
1 Tbsp	oil	PANTRY ITEM	\$ - -		
1 Tbsp	Dijon mustard	Select Dijon Mustard 200g	\$ 2.50 /200g	\$ 0.19	1 Tbsp = 15g
1 tsp	pepper	PANTRY ITEM	\$ - -		
2 x 420g	canned lentils	Select Brown Lentils 420g	\$ 1.30 /420g	\$ 2.60	1 cup = 200g
2	tomatoes	Loose Tomatoes	\$ 4.49 /kg	\$ 1.35	1 tomato = 150g
1/2	red onion	Loose Red Onions	\$ 4.99 /kg	\$ 0.37	1 onion = 150g
2 Tbsp	parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.56	Cost based on 1/5 of bunch
100g	brussel sprouts	Loose Brussel Sprouts	\$ 6.99 /kg	\$ 0.70	
2 Tbsp	oil	PANTRY ITEM	\$ - -		
2 Tbsp	lemon juice	Select Lemon Juice 250ml	\$ 2.00 /250ml	\$ 0.12	1 Tbsp = 15ml
2 tsp	Dijon mustard	Select Dijon Mustard 200g	\$ 2.50 /200g	\$ 0.06	1 tsp = 5g
1 Tbsp	peanut butter	Homebrand Smooth Peanut Butter 375g	\$ 2.30 /375g	\$ 0.09	1 Tbsp = 15g
2 Tbsp	honey	Signature Range Liquid Honey 500g	\$ 10.29 /500g	\$ 0.31	1 Tbsp = 15g
1 tsp	toasted sesame seeds	Tasti Sesame Seeds 100g	\$ 1.49 /100g	\$ 0.07	1 tsp = 5g
	Toasted baguette, to serve	Countdown Baguette	\$ 1.99 /each	\$ 1.99	
Total cost to make meal				\$ 13.61	