



## Chickpea Burgers

### 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.

Chickpea Burgers with Kale and Beetroot Slaw

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
420g can	chickpeas	Select Chickpeas 420g No Added Salt	\$ 1.30 /420g	\$ 1.30	
1/4	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
1 clove	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	1 clove = 5g
2 cups	mixed vegetables	Homebrand Mixed Vegetables 1kg	\$ 2.29 /1 kg	\$ 0.92	1 cup = 200g
1 tsp	ground cumin	Gregg's Ground Cumin 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1 tsp	ground coriander	Gregg's Ground Coriander 30g	\$ 2.39 /30g	\$ 0.12	Cost based on 5% of pack
1/4 cup	parsley, chopped	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.70	Cost based on 1/4 bunch
	zest of 1 lemon	Loose Lemons	\$ 7.99 /kg	\$ 0.60	1 lemon = 150g
1	egg	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.27	
1/2 cup	breadcrumbs	Sunvalley Foods White Breadcrumbs 400g	\$ 1.99 /400g	\$ 0.22	1 cup = 90g
	salt and pepper	PANTRY ITEM	\$ - -		
	flour for dusting	PANTRY ITEM	\$ - -		
1 Tbsp	oil for cooking	PANTRY ITEM	\$ - -		
4	Ciabatta buns	Instore Bakery Ciabatta Pockets 10pk	\$ 5.00 /10pk	\$ 2.00	
1 cup	kale	Pre-packed Curly Kale	\$ 3.49 /pack	\$ 0.87	Cost based on 1/4 pack
1/2 cup	grated carrot	Loose Carrots	\$ 2.99 /kg	\$ 0.19	1 cup = 125g
1/2 cup	grated beetroot	Fresh Beetroot	\$ 4.99 /kg	\$ 0.37	1 cup = 150g
1/2 cup	natural unsweetened yoghurt	Dewinkel Yoghurt Plain Unsweetened 600g	\$ 4.30 /600g	\$ 0.90	1 cup = 250g
	Juice of 1/2 lemon	Loose Lemons	\$ 7.99 /kg		costed above
500g	Homebrand fries	Homebrand Straight Cut Fries 1kg	\$ 2.29 /1 kg	\$ 1.15	
<b>Total cost to make meal</b>				<b>\$</b>	<b>10.22</b>