



## Crumbed Fish on Potato Rosti

### 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.

#### Crumbed Fish on Potato Rosti

Recipe Courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
4	fish fillets	Seafood Bar Fish Fillets Basa Thawed	\$ 10.00 /kg	\$ 5.00	1 piece = 125g
40g	sundried tomatoes	Homebrand Sun-dried Tomatoes 500g	\$ 5.99 /500g	\$ 0.60	Homebrand. Cost based on 10% of Jar
60g	cashews	Homebrand Unsalted Cashews 250g	\$ 6.99 /250g	\$ 1.68	
1	lemon zest and juice	Loose Lemons	\$ 7.99 /kg	\$ 1.00	1 lemon = 125g
1/2 cup	fresh basil	Countdown Basil 15g	\$ 3.69 /15g	\$ 0.92	Cost based on 1/4 pack
25g	parmesan cheese	Mainland Parmesan 200g	\$ 6.50 /200g	\$ 0.81	
4	potatoes	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 1.79	1 potato = 150g
200g	peas	Homebrand Peas 1kg	\$ 2.29 /kg	\$ 0.46	
2 Tbsp	Olive oil	PANTRY ITEM	\$ -	\$ -	
<b>Total cost to make meal</b>				<b>\$12.26</b>	