



Ham and Corn Frittata

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.

Ham and Corn Frittata

Recipe Courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
6	Eggs	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 1.63	
1 tsp	butter	PANTRY ITEM	\$ -	\$ -	
1/2 cup	cheese	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 0.48	1/2 cup = 50g
1/2 cup	corn kernels	Homebrand Corn Kernels 400g	\$ 0.99 /400g	\$ 0.50	
1/2 cup	ham	Instore Deli Ham Shaved 98% Fat Free	\$ 15.00 /kg	\$ 3.00	
1	potato	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 0.45	1 potato = 150g
2 Tbsp	parsley	Whole Bunch Parsley	\$ 2.79 /15g	\$ 0.70	Cost based on 1/4 of pack
420g	chickpeas	Select Chickpeas 420g No Added Salt	\$ 1.30 /420g	\$ 1.30	
quarter	Cucumber	Loose Lebanese Cucumber	\$ 1.99 ea	\$ 0.50	
2	tomatoes	Loose Tomatoes	\$ 4.49 /kg	\$ 1.08	1 tomato = 120g
half	red onion	Loose Red Onions	\$ 4.99 /kg	\$ 0.37	1 onion = 150g
2 Tbsp	olives	Homebrand Green Olives 450g	\$ 2.50 /450g	\$ 0.17	
3 Tbsp	red wine vinegar	Tastemaker Red Wine Vinegar 500ml	\$ 4.29 /500ml	\$ 0.39	
1 clove	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	1 clove = 5g.
1 tsp	thyme	Gregg's Dried Thyme 15g	\$ 2.39 /15g	\$ 0.24	Cost based on 10% of pack
Total cost to make meal				\$10.83	