



## Kumara & Bacon Fritters

### 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.

**Kumara and Bacon Fritters**

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2	large kumara	Loose Red Kumara	\$ 6.99 /kg	\$ 4.54	1 kumara = 325g
1 Tbsp	oil plus extra for cooking	PANTRY ITEM	\$ -	\$ -	
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
2	bacon rashers	Signature Range Shoulder Bacon 400g	\$ 5.00 /400g	\$ 0.63	1 rasher = 25g
2	eggs	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.54	
1/4 cup	flour	PANTRY ITEM	\$ -	\$ -	
1/2 cup	grated cheese	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 0.43	1 cup grated cheese = 95g
1 cup	silver beet	Pre-packed Silverbeet 500g	\$ 2.49 /500g	\$ 0.50	Cost based on 1/5 pack
1/4 cup	fresh coriander, chopped	Countdown Coriander 15g	\$ 3.69 /15g	\$ 1.23	Cost based on 1/3 pack
1 tsp	ground cumin	Gregg's Ground Cumin 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
100g	lettuce	Unwrapped Iceberg Lettuce	\$ 3.00 /each	\$ 1.50	Cost based on half lettuce
1	carrot	Loose Carrots	\$ 2.99 /kg	\$ 0.45	1 carrot = 150g
100g	feta	Food Snob Fresh Cheese Bulgarian Cow Feta 2	\$ - /200g	\$ -	
1/2 cup	mayonnaise	Homebrand Mayonnaise 770g	\$ 3.59 /770g	\$ 0.29	1 cup = 250g
2 Tbsp	apricot chutney	Signature Range Chutney Spiced Apricot 400g	\$ 2.30 /400g	\$ 0.17	1 Tbsp = 15g
500g	Homebrand fries	Homebrand Straight Cut Fries 1kg	\$ 2.29 /1 kg	\$ 1.15	
<b>Total cost to make meal</b>				<b>\$ 11.99</b>	