



Ratatouille Lasagne

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.

Ratatouille Lasagne

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2 Tbsp	oil	PANTRY ITEM	\$ - -		
1	onion, chopped finely	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
2 cloves	garlic, peeled and crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 clove = 5g
1/2 tsp	ground cumin	Gregg's Ground Cumin 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1/2 tsp	paprika	Gregg's Paprika 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1 cup	pumpkin, peeled and cubed	Cut Crown Pumpkin	\$ 3.49 /kg	\$ 0.87	1 cup = 125g
1	courgette, sliced	Loose Courgettes	\$ 6.99 /kg	\$ 1.05	1 courgette = 150g
80g	mushrooms, sliced	Loose White Button Mushrooms	\$ 11.99 /kg	\$ 0.96	
400g	Homebrand diced tomatoes	Homebrand Diced Tomatoes 400g	\$ 0.80 /400g	\$ 0.80	
1 tsp	balsamic vinegar	Lupi Balsamic Vinegar 250ml	\$ 3.69 /250ml	\$ 0.22	
2 tsp	brown sugar	PANTRY ITEM	\$ - -		
1/4 cup	fresh basil, chopped roughly	Countdown Basil 15g	\$ 3.69 /15g	\$ 0.92	Cost based on 1/4 pack
40g	spinach greens, shredded	Value Spinach Baby Leaf	\$ 3.49 /120g	\$ 1.16	
80g	cottage cheese	Anchor Cottage Cheese 250g	\$ 3.50 /250g	\$ 1.12	
250g	dried lasagne sheets	Macro Organic Lasagne Sheets 250g	\$ 2.49 /250g	\$ 2.49	
1 cup	yoghurt	Dewinkel Yoghurt Plain 1kg	\$ 5.50 /1 kg	\$ 1.38	
1 cup	cheese, grated	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 0.95	1 cup = 100g
	salt and pepper to season	PANTRY ITEM	\$ - -		
1/2 bag	salad greens	Value Salad Greens 120g	\$ 3.49 /120g	\$ 1.75	
2	eggs	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.54	
Total cost to make meal				\$ 14.99	