



# BBQ Chicken with Chorizo and Potato Salad

## 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.

**BBQ Chicken with Chorizo and Potato Salad**

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
4	Agria potatoes	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 1.79	1 potato = 150g
1 cup	Select frozen broad beans, podded	Select Broad Beans 500g	\$ 2.99 /500g	\$ 0.90	1 cup = approx 150g
1/2	red onion, sliced	Loose Red Onions	\$ 4.99 /kg	\$ 0.30	1 onion = 120g
100g	chorizo, sliced	Primo Chorizo 200g	\$ 5.99 /200g	\$ 3.00	
2	tomatoes, sliced into pieces	Loose Tomatoes	\$ 4.49 /kg	\$ 0.67	1 tomato = 150g
2 Tbsp	red wine vinegar	Tastemaker Red Wine Vinegar 500ml	\$ 4.29 /500ml	\$ 0.26	1 Tbsp = 15ml
1 cup	spinach greens	Value Spinach Baby Leaf	\$ 3.49 /120g	\$ 1.16	Cost based on 1/3 packet
	salt and pepper to taste	PANTRY ITEM	\$ - -		
	squeeze of lemon	Loose Lemons	\$ 7.99 /kg	\$ 0.80	1 lemon = 100g
1/4 cup	parsley, coarsley chopped	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.70	Cost based on 1/4 of bunch
	oil for drizzling and frying	PANTRY ITEM	\$ - -		
400g	chicken breast, skin removed, cut into 8 pieces	Fresh Boneless Chicken Breast Skin On Value	\$ 13.00 /kg	\$ 5.20	Cost based on 400g
<b>Total cost to make meal</b>				<b>\$ 14.78</b>	