



Tandoori Chicken

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.

Tandoori Chicken

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
1	lemon	Loose Lemons	\$ 7.99 /kg	\$ 0.80	1 lemon = 100g
1 Tbsp	fresh ginger	Loose Ginger	\$ 9.99 /kg	\$ 0.15	1 Tbsp = 15g
1/2 cup	yoghurt	Dewinkel Yoghurt Plain Unsweetened 600g	\$ 4.30 /600g	\$ 0.90	1 cup = 250g
2 tsp	paprika	Gregg's Paprika 40g	\$ 2.39 /40g	\$ 0.24	Cost based on 10% of pack
3	garlic cloves	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.13	1 clove = 5g
1 tsp	garam masala	Gregg's Garam Masala 35g	\$ 2.39 /35g	\$ 0.12	Cost based on 5% of pack
1 tsp	cumin	Gregg's Ground Cumin 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1 tsp	tumeric	Gregg's Ground Turmeric 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1/2 tsp	chilli powder	Gregg's Chilli Powder 40g	\$ 2.39 /40g	\$ 0.06	Cost based on 2.5% of pack
1 Tbsp	tomato paste	Homebrand Tomato Paste 375g	\$ 1.69 /375g	\$ 0.07	1 Tbsp = 15g
1/2 tsp	salt	PANTRY ITEM	\$ - -	\$ -	
500g	skinless boneless chicken thighs	Fresh Skinless Boneless Chicken Thigh Cutlets	\$ 17.50 /kg	\$ 8.75	
2 Tbsp	oil	PANTRY ITEM	\$ - -	\$ -	
2 cups	rice	Homebrand Long Grain Rice 1kg	\$ 1.79 /1kg	\$ 0.72	1 cup = 200g
1/2 head	broccoli	Fresh Broccoli	\$ 1.69 /each	\$ 0.85	
1	carrot	Loose Carrots	\$ 2.99 /kg	\$ 0.36	1 carrot = 120g
1/2 cap	red capsicum	Loose Red Capsicum	\$ 2.89 /each	\$ 1.45	
Total cost to make meal				\$ 14.82	