



Mixed Seafood Fried Rice

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.

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Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments	
2 Tbsp	oil	PANTRY ITEM	\$ - -	\$ -		
1 egg		Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.27		
500g	marinara mix	Seafood Marinara Mix per kg	\$ 15.00 /kg	\$ 7.50		
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45		
2 cloves	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09		
1	carrot	Loose Carrots	\$ 2.99 /kg	\$ 0.30	1 carrot = 100g	
4 cups	white rice	Homebrand Long Grain Rice 1kg	\$ 1.79 /1kg	\$ 1.43	1 cup =200g	
1/2	broccoli	Fresh Broccoli	\$ 1.69 /each	\$ 0.85		
100g	white button mushrooms	Loose White Button Mushrooms	\$ 11.99 /kg	\$ 1.20		
1 cup	frozen peas	Homebrand Peas 1kg	\$ 2.29 /1 kg	\$ 0.46	PRICE LOCKDOWN	
2 Tbsp	soy sauce	Highmark Dark Soy Sauce 300ml	\$ 2.25 /300ml	\$ 0.23	1 tsp = 5ml	
1 Tbsp	oyster sauce	Select Oyster Sauce 320ml	\$ 2.99 /320ml	\$ 0.14		
	Pepper	PANTRY ITEM	\$ - -	\$ -		
1	Spring onion	Spring Onion Bunch	\$ 1.99 /bunch	\$ 0.33	assumes 6 in a bunch	
Total cost to make meal				\$	13.24	