



Roast Vegetable and Pesto Pizza

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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| Quantity | Ingredient | Product | Cost | Cost for Meal based on Quantity Used | Comments |
|--------------------------------|---|--|----------------|--------------------------------------|--------------------------|
| 1/2 | pumpkin, peeled, deseeded and cut into pieces | Cut Crown Pumpkin | \$ 3.49 /kg | \$ 1.75 | |
| 1 | kumara, peeled and cut into chunks | Loose Red Kumara | \$ 6.99 /kg | \$ 1.26 | 1 kumara = 180g |
| 2 | carrots, sliced | Loose Carrots | \$ 2.99 /kg | \$ 0.78 | 1 carrot = 130g |
| 1/2 | cauliflower, cut into florets | Whole Cauliflower | \$ 3.99 /each | \$ 2.00 | |
| 1 | small red onion, sliced | Loose Red Onions | \$ 4.99 /kg | \$ 0.50 | 1 onion = 100g |
| 2 Tbsp | oil | PANTRY ITEM | \$ - - | | |
| 1 tsp | ground cumin | Gregg's Ground Cumin 40g | \$ 2.39 /40g | \$ 0.12 | Cost based on 5% of pack |
| 1 tsp | ground coriander | Gregg's Ground Coriander 30g | \$ 2.39 /30g | \$ 0.12 | Cost based on 5% of pack |
| 2 | large pizza base | Romanos Pizza Bases Honey & Olive Oil 3pk | \$ 3.00 /3pk | \$ 2.00 | |
| 80g | pesto | Leggos Pesto Traditional Basil 190g | \$ 4.99 /190g | \$ 2.10 | |
| 3/4 cup | grated cheese | Homebrand Edam Cheese 1kg | \$ 9.50 /kg | \$ 0.71 | 1 cup = 100g |
| 80g | feta | Food Snob Fresh Cheese Bulgarian Cow Feta 200g | \$ 4.00 /200g | \$ 1.60 | |
| 1/2 cup | chopped spinach | Value Spinach Baby Leaf | \$ 3.49 /120g | \$ 0.87 | Cost based on 1/4 pack |
| 2 Tbsp | sweet chilli sauce | Select Sweet Chilli Sauce 280ml | \$ 2.00 /280ml | \$ 0.21 | |
| Total cost to make meal | | | | \$ 14.01 | |