



## Chicken and Leek Pie

### 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.

Chicken and Leek Pie

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
20g	butter	PANTRY ITEM	\$ - -		
2 cloves	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 clove = 5g
1	large leek, sliced lengthwise then chopped	Whole Leek	\$ 2.49 /each	\$ 2.49	
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.45	1 carrot = 150g
1/2 tsp	dried tarragon	Gregg's Tarragon 10g	\$ 2.39 /10g	\$ 0.12	Cost based on 5% of pack
1/2 tsp	wholegrain mustard	Select Wholegrain Mustard 190g	\$ 2.50 /190g	\$ 0.04	1 tsp = 5g
20g	flour	PANTRY ITEM	\$ - -		
1 1/2 cups	chicken stock	Oxo Chicken Stock 71g 12pk	\$ 2.69 /12pk	\$ 0.45	1 cube = 190ml stock.
	salt and pepper to taste	PANTRY ITEM	\$ - -		
400g	chicken breast, cooked and shredded	Fresh Boneless Chicken Breast Skin On Value	\$ 13.00 /kg	\$ 5.20	
50g	grated tasty cheese	Homebrand Tasty Cheese 1kg	\$ 12.50 /kg	\$ 0.63	
400g	Signature Range Flaky Puff Pastry	Signature Range Flaky Puff Pastry 400g	\$ 2.00 /400g	\$ 2.00	
1	egg, beaten	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.27	
300g	green beans	Select Whole Green Beans 1kg	\$ 3.79 /kg	\$ 1.14	
<b>Total cost to make meal</b>				<b>\$ 12.87</b>	