

Chicken with Haloumi and Watermelon Salad

Meal Cost Calculation

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 price as determined on 29 January 2019. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

Recipe:	Chicken with Haloumi and Watermelon Salad				
Serves	4				
Date Calculated:	29-Jan-19				
Quantity	Ingredient	Product	Cost	Cost for meal based on quantity used	Comments
700g	chicken breast	Macro Free Range Chicken Breast	21.99/kg	15.393	
1/2tsp	dried thyme	Mrs Rogers Eco Pack Herbs Thyme 15g	2/15g	\$0.10	Cost based on 5% of pack
1/2 tsp	dried oregano	Countdown Oregano Leaves 10g	2/10g	\$0.10	Cost based on 5% of pack
1/2 tsp	dried marjoram	Greggs Marjoram 10g	2.39/10g	\$0.12	Cost based on 5% of pack
1/2 tsp	sesame seeds	Tasti Sesame Seeds 100g	1.49/100g	\$0.01	1 tsp = 2g
1/2 tsp	salt	PANTRY ITEM	-	-	
4 Tbsp	olive oil	PANTRY ITEM	-	-	
2 Tbsp	red wine vinegar	Tastemaker Vinegar Red Wine 500ml	4.29/500m	\$0.26	1 Tbsp = 15ml
1 clove	garlic	Fresh Produce Garlic Whole Bulbs 5pk	3.99/450g	\$0.04	1 clove = 5g
1 tsp	caster sugar	Countdown Caster Sugar 500g	1.40/100g	\$0.06	1tsp = 4g
180g	haloumi cheese	Countdown Haloumi 180g	4.5/180g	4.5	
800g	watermelon	Fresh Produce Watermelon Seeded Whole	8.50/each	3.4	1 watermelon = 2kg
1/4 cup	olives	Countdown Olives Black Sliced 430g	3/430g	0.35	1/4 cup=50g
1/2 cup	mint leaves	Countdown Mint Fresh packet 15g	\$3.70	1.23	1/2 cup=5g
Cost per serve				\$6.39	