

Caramelised Onion and Spinach Tart

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 5 February 2019. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

Quantity	Ingredient	Product	Product Code	Cost	Cost for meal based on quantity used	Comments
Recipe: Caramelised onion and spinach tart Serves: 8 Date Calculated: 5-Feb-19						
1/4 cup	olive oil	PANTRY ITEM		-	-	
3	red onion	Loose red onions	324084	6.99/kg	\$ 3.15	1 onion= 150g
2 Tbsp	brown sugar	PANTRY ITEM		-	-	
2 Tbsp	balsamic vinegar	Lupi Balsamic Vinegar 500ml	84362	5.00/500ml	\$ 0.30	1 Tbsp = 15ml
4 sheets	puff pastry sheets	Countdown Puff Pastry 1kg 6 sheets	18366	4.50/1kg	\$ 3.00	
100g	baby spinach	Value Spinach Baby Leaf 120g	414940	3/120g	\$ 2.50	
1/2 cup	olives	Countdown Green Whole Olives 450g	534878	2.50/450g	\$ 0.41	1/2 cup = 74g
1/2 cup	sun-dried tomatoes	Countdown Sundried Tomatoes Halves 500g	520727	5.50/500g	\$ 0.79	1/2 cup = 72g
100g	feta	Food Snob Fresh Cheese Bulgarian Cow Feta 200g	790089	4/200g	\$ 2.00	
1/4 cup	basil leaves	Countdown Basil Fresh packet 15g	345137	3.70/15g	\$ 0.99	1/4 cup = 4g
Cost per serve						\$ 1.64