



Prawn and Spinach Tart

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 12 December 2016. 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
150g	flour	PANTRY ITEM	\$ - -		
80g	butter	PANTRY ITEM	\$ - -		
1/2 tsp	salt	PANTRY ITEM	\$ - -		
2 Tbsp	water	PANTRY ITEM	\$ - -		
1 Tbsp	butter	PANTRY ITEM	\$ - -		
1	onion, chopped	Loose Brown Onions	\$ 2.49 /kg	\$ 0.37	1 onion = 150g
2 cloves	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.49 /450g	\$ 0.04	1 clove = 5g
200g	raw prawn cutlets	Sea Cuisine Raw Prawn Cutlets Thawed Loose	\$ 22.00 /kg	\$ 4.40	
90g	fresh spinach	Value Spinach Baby Leaf	\$ 3.49 /120g	\$ 2.62	
3	eggs	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.81	
1/2 cup	milk	PANTRY ITEM	\$ - -		
1 cup	grated cheese	Homebrand Edam Cheese 1kg	\$ 8.00 /kg	\$ 0.80	
	salt and pepper	PANTRY ITEM	\$ - -		
80g	feta, crumbled	Food Snob Fresh Cheese Bulgarian Cow Feta 200g	\$ 4.00 /200g	\$ 1.60	
60g	salad greens	Value Salad Greens 120g	\$ 3.49 /120g	\$ 1.75	
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.36	1 carrot = 120g
1	tomato, sliced	Loose Tomatoes	\$ 3.99 /kg	\$ 0.48	1 tomato = 120g
Total cost to make meal				\$ 13.22	