



Fish Tacos with Pineapple Salsa

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
500g	Fish Fillets, cut into 2 cm chunks	Seafood Bar Fish Fillets Basa Thawed	\$ 10.00 /kg	\$ 5.00	Basa Fillets from Seafood Counter
2 Tbsp	oil	PANTRY ITEM	\$ -		
1/2 tsp	smoked paprika	Mrs Rogers Smoked Paprika 34g	\$ 2.30 /34g	\$ 0.12	Cost based on 5% of pack
1/2	red chilli, chopped small	Pre-packed Red Chilli 3 pack	\$ 3.99 /3 pack	\$ 0.20	1 chilli=8g
	zest and juice of 1/2 lemon	Loose Lemons	\$ 7.99 /kg	\$ 0.80	1 lemon = 100g
	salt and pepper to season	PANTRY ITEM	\$ -		
	Salsa				
1 cup	Homebrand Pineapple pieces, cut roughly	Homebrand Pineapple Pieces 440g	\$ 1.29 /440g	\$ 1.29	PRICE LOCKDOWN
1/4 cup	coriander, chopped plus extra for garnishing	Countdown Coriander 40g	\$ 3.99 /40g	\$ 0.80	Cost based on a fifth of the pack
1	spring onion, thinly sliced on the diagonal	Spring Onion Bunch	\$ 1.99 /bunch	\$ 0.33	1 bunch = 6 spring onion
1/2	red chilli, chopped small	Pre-packed Red Chilli 3 pack	\$ 3.99 /3 pack	\$ 0.20	
	Juice of 1/2 lemon	Loose Lemons	\$ 7.99 /kg	\$ -	Costed as part of lemon above
	To serve				
8	Homebrand tortillas	Homebrand Tortilla 15pk	\$ 4.00 /15pk	\$ 2.13	PRICE LOCKDOWN
1	lime, cut in quarters	Loose Limes	\$ 8.99 /kg	\$ 0.90	1 lime = 100g
2 cups	long grain cooked rice	Homebrand Long Grain Rice 1kg	\$ 1.79 /1kg	\$ 0.72	1 cup = 200g uncooked
Total cost to make meal				\$ 12.48	