



Chicken & Spinach Filo Parcels

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 & Spinach Filo

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
20g	butter	PANTRY ITEM	\$ - -	\$ -	
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
2	garlic cloves	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 clove = 5g
2 Tbsp	flour	PANTRY ITEM	\$ - -	\$ -	
1 cup	milk	PANTRY ITEM	\$ - -	\$ -	
400g	spinach	Select Frozen Spinach 500g	\$ 3.00 /500g	\$ 2.40	
1/2	lemon	Loose Lemons	\$ 7.99 /kg	\$ 0.60	1 lemon = 150g
400g	chicken breast, cut in half	Fresh Boneless Chicken Breast Skin On Value	\$ 13.00 /kg	\$ 5.20	1 chicken breast = 200g
1/2 tsp	dried tarragon	Gregg's Tarragon 10g	\$ 2.39 /10g	\$ 0.12	Cost based on 5% of pack
20g	butter, melted	PANTRY ITEM	\$ - -	\$ -	
8 sheets	filo pastry	Timos Filo Pastry Fresh	\$ 5.39 /375g	\$ 2.70	Based on half pack
1 tsp	sesame seeds	Tasti Sesame Seeds 100g	\$ 1.49 /100g	\$ 0.07	1 tsp = 5g
1/2 bag	salad greens	Value Salad Greens 120g	\$ 3.49 /120g	\$ 1.75	1 Tbsp = 15g
1	carrot	Loose Carrots	\$ 2.99 /kg	\$ 0.90	1 carrot = 150g
1/4	red onion	Loose Red Onions	\$ 4.99 /kg	\$ 0.17	
	Salt and pepper	PANTRY ITEM	\$ - -	\$ -	
Total cost to make meal				\$ 14.44	