



## BBQ Mussels with Chorizo and Risoni

### 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.

#### BBQ Mussels with Chorizo and Risoni Pasta

Recipe Courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2	tomatoes, sliced into quarters	Loose Tomatoes	\$ 4.49 /kg	\$ 1.08	1 tomato = 120g
2	courgettes, sliced into 4 lengthwise then sliced into pieces	Loose Courgettes	\$ 6.99 /kg	\$ 2.10	1 courgette=150g
2 tsp	olive oil, plus extra for drizzling	PANTRY ITEM	\$ - -	\$ -	
1 Tbsp	cumin seeds	Gregg's Cumin Seeds 31g	\$ 4.00 /31g	\$ 0.40	Cost based on 10% of pack
	salt and pepper to season	PANTRY ITEM	\$ - -		
2	chorizo sausages, peeled and sliced	Verkerks Chorizo Sticks 150g	\$ 5.39 /150g	\$ 3.59	1 chorizo stick = 50g
100g	risoni	San Remo Risoni 500g	\$ 2.50 /500g	\$ 0.50	
25	mussels	Fresh Live Mussels	\$ 4.99 /kg	\$ 3.99	Approx 30 mussels in a kg
	Juice of 1 lemon	Loose Lemons	\$ 7.99 /kg	\$ 1.00	1 lemon = 125g
1/2 cup	coriander leaves	Countdown Coriander 15g	\$ 3.69 /15g	\$ 0.92	Cost based on 1/4 of pack
1/2	red onion, sliced thinly	Loose Red Onions	\$ 4.99 /kg	\$ 0.37	1 onion = 150g
1 tsp	chilli flakes	Mrs Rodger Eco Pack Chilli Flakes 20g	\$ 2.30 /20g	\$ 0.23	Cost based on 10% of pack
<b>Total cost to make meal</b>				<b>\$ 14.19</b>	