



# Spinach Dumplings with Tomato and Herb Sauce

## 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.

### Spinach Dumplings with Tomato & Herb Sauce

Recipe courtesy of Jax Hamilton

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
500g	frozen spinach, thawed	Talleys Spinach Portions 500g	\$ 3.99 /500g	\$ 3.99	
200g	ricotta cheese	Bouton d'or Ricotta 200g	\$ 5.39 /200g	\$ 5.39	
1 clove	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	1 clove = 5g
1	egg white	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.27	
1 Tbsp	flour	PANTRY ITEM	\$ - -		
1/4 cup	grated parmesan	Mainland Parmesan 200g	\$ 6.50 /200g	\$ 0.75	1 cup = 90g
1 1/2 cup	breadcrumbs, stale	Sunvalley Foods White Breadcrumbs 400g	\$ 1.99 /400g	\$ 0.94	1 cup = 125g
1/4 tsp	ground nutmeg	Gregg's Nutmeg 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1 tsp	mixed herbs	Gregg's Mixed Herbs 15g	\$ 2.39 /15g	\$ 0.12	Cost based on 5% of pack
	<b>Tomato Sauce</b>				
1/2 cup	dry white wine	Whale Point Sauvignon Blanc 750ml	\$ 9.99 /750ml	\$ 1.67	
400g	diced tomatoes	Homebrand Diced Tomatoes 400g	\$ 0.80 /400g	\$ 0.80	
2 Tbsp	fresh parsley, chopped	Italian Parsley Bunch	\$ 3.49 bunch	\$ 0.70	Cost based on 1/5 of bunch
1 tsp	sugar	PANTRY ITEM	\$ - -		
<b>Total cost to make meal</b>				<b>\$ 14.78</b>	