



Sweetcorn Croquettes with Apple Slaw

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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Recipe Courtesy of Jax Hamilton

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
400g	sweetcorn	Homebrand Corn Kernels 400g	\$ 0.99 /400g	\$ 0.99	
3	potatoes	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 1.35	1 potato = 150g
2 Tbsp	milk	PANTRY ITEM	\$ - -	\$ -	
	salt	PANTRY ITEM	\$ - -	\$ -	
	pepper	PANTRY ITEM	\$ - -	\$ -	
1 Tbsp	homebrand olive oil	PANTRY ITEM	\$ - -	\$ -	
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g.
4	bacon rashers	Signature Range Shoulder Bacon 400g	\$ 5.00 /400g	\$ 1.25	1 bacon rasher = 25g.
1/2 cup	cheese	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 1.19	
2	eggs	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.54	
1 cup	homebrand stuffing mix	Homebrand Stuffing Mix 200g	\$ 2.00 /200g	\$ 1.00	Cost based on 1/2 pack
250ml	canola oil	PANTRY ITEM	\$ - -	\$ -	
1	baguette	Countdown Baguette	\$ 1.99 /each	\$ 1.69	
2 cloves	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	assumes 1 clove = 5g
2 Tbsp	butter	PANTRY ITEM	\$ - -	\$ -	
1/2 tsp	mixed herbs	Gregg's Mixed Herbs 15g	\$ 2.39 /15g	\$ 0.16	1 tsp = 2g
1	apple	Loose Braeburn Apples	\$ 2.99 /kg	\$ 0.45	1 apple weighs 150g. Ensure use a red apple
1 cup	white cabbage	Green Cabbage Half	\$ 1.95 /half	\$ 0.98	Based on 1/4 white cabbage
1	carrot	Loose Carrots	\$ 2.99 /kg	\$ 0.45	1 carrot = 150g
1/4 cup	homebrand mayonnaise	Homebrand Mayonnaise 770g	\$ 3.59 /770g	\$ 0.44	assumed 1/4 cup = 1/4 bottle so 90g
Total cost to make meal				\$ 11.02	