



Bacon and Cheese Pasta

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.

Bacon and Cheese Pasta

Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion=150g
3 cloves	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.13	1 clove = 5g
1 tsp	olive oil	PANTRY ITEM	\$ - -		
4 pieces	bacon, diced, cooked, reserving 1 Tbsp bacon	Signature Range Shoulder Bacon 400g	\$ 5.00 /400g	\$ 2.50	Assume 8 rashers in 1400g pack. LOCKDOWN
2 Tbsp	flour	PANTRY ITEM	\$ - -		
400ml	cream	Homebrand Cream 1L	\$ 6.85 /1L	\$ 2.74	
550ml	milk	PANTRY ITEM			
1 tsp	thyme	Gregg's Dried Thyme 15g	\$ 2.39 /15g	\$ 0.12	Cost based on 5% of pack
3 cups	grated cheese	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 2.71	1 cup grated cheese = 95g
	salt and pepper to taste	PANTRY ITEM	\$ - -		
500g	penne pasta, cooked as per packet instruction	Homebrand Penne Pasta 500g	\$ 0.95 /500g	\$ 0.95	
1/2 cup	Panko breadcrumbs	Obento Asian Panko Breadcrumbs 200g	\$ 3.59 /200g	\$ 1.13	1 cup dry breadcrumbs = 125g
2 Tbsp	butter	PANTRY ITEM	\$ - -		
2 Tbsp	parsley, chopped	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.56	Cost based on 1/5 bunch
60g	salad greens	Value Salad Greens 120g	\$ 3.49 /120g	\$ 1.75	
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.36	1 carrot = 120g
1	tomato, sliced	Loose Tomatoes	\$ 4.49 /kg	\$ 0.54	1 tomato = 120g
Total cost to make meal				\$ 13.93	