



Cracked Wheat and Beef Meatballs with Pita Bread and Yoghurt 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.

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Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
1/2 cup	bulgur wheat or breadcrumbs	Ceres Organics Bulgur Wheat Organic 500g	\$ 5.10 /500g	\$ 1.28	1 cup = 250g
400g	beef mince	Value Beef Mince	\$ 12.49 /kg	\$ 5.00	
1	onion, finely chopped	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
1 clove	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	1 clove = 5g
1 tsp	dried mint	Gregg's Mint 15g	\$ 2.39 /15g	\$ 0.24	Cost based on 10% of packet
1 Tbsp	chopped parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.56	Cost based on 1/5 of bunch
	salt and pepper	PANTRY ITEM	\$ - -		
1 Tbsp	oil	PANTRY ITEM	\$ - -		
1/2 cup	yoghurt	Dewinkel Yoghurt Plain Unsweetened 600g	\$ 4.30 /600g	\$ 0.90	1 cup = 250g
	Zest and Juice of 1/2 lemon	Loose Lemons	\$ 7.99 /kg	\$ 0.60	1 lemon = 150g
1 Tbsp	chopped fresh mint	Fresh Produce Mint Fresh 40g	\$ 3.90 /40g	\$ 0.78	Cost based on 1/5 of packet
4	pita bread pockets, cut in half	Signature Range Pita Bread White	\$ 3.00 /8pk	\$ 1.50	
1	iceberg lettuce, shredded	Unwrapped Iceberg Lettuce	\$ 3.00 /each	\$ 3.00	
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.45	1 carrot = 150g

Total cost to make meal

\$ 14.78