



Beef Olives with Sundried Tomatoes, Salami and Feta

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 Tbsp	oil	PANTRY ITEM	\$ - -		
1/2	onion, chopped	Loose Brown Onions	\$ 2.99 /kg	\$ 0.37	Cost based on 1 onion = 125g
1 clove	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	
30g	spicy salami, sliced thinly	Instore Deli Verkerks Spicy Salami	\$ 30.00	\$ 0.90	
1 cup	breadcrumbs	PANTRY ITEM	\$ - -	\$ -	1 cup = 125g
2 Tbsp	sundried tomatoes, chopped	Homebrand Sun-Dried Tomatoes 500g	\$ 5.99 /500g	\$ 0.36	1 Tbsp = 15g
80g	feta, crumbled	Food Snob Fresh Cheese Bulgarian Cow Feta 200g	\$ 4.00 /200g	\$ 1.60	
2 Tbsp	chopped parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.56	Cost based on 1/5 of bunch
	Pepper	PANTRY ITEM	\$ - -		
4 slices	beef schnitzel	Beef Schnitzel	\$ 21.99 /kg	\$ 8.80	Cost based on 400g meat
1 Tbsp	oil	PANTRY ITEM	\$ - -		
1 cup	pasta sauce	Homebrand Pasta Sauce 700g	\$ 3.19 /700g	\$ 1.14	
1 cup	beef stock	Oxo Beef Stock 71g 12pk	\$ 2.69 /12pk	\$ 0.22	
	To serve				
250g	Homebrand pasta spirals	Homebrand Small Spirals Pasta 500g	\$ 0.95 /500g	\$ 0.48	
2 Tbsp	butter	PANTRY ITEM	\$ - -		
2 Tbsp	chopped parsley to garnish	Whole Bunch Parsley	\$ 2.79 /bunch		Costed above
200g	Homebrand Frozen Peas	Homebrand Peas 1kg	\$ 2.29 /1 kg	\$ 0.46	PRICE LOCKDOWN
Total cost to make meal				\$ 14.93	