



Low Fat Chicken Curry

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 Food Magazine

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
600g	chicken breast	Fresh Boneless Chicken Breast Skin On Value Pack	\$ 13.00 /kg	\$ 7.80	
3-4 Tbsp	plain unsweetened yoghurt	Dewinkel Yoghurt Plain Unsweetened 600g	\$ 4.30 /600g	\$ 0.43	1 Tbsp=15g
1 tsp	paprika	Gregg's Paprika 40g	\$ 2.39 /40g	\$ 0.24	1tsp=2g. Cost based on 10% of pack
1/2 tsp	ground cumin	Gregg's Ground Cumin 40g	\$ 2.39 /40g	\$ 0.24	1tsp=2g. Cost based on 10% of pack
1/2 tsp	ground coriander	Gregg's Ground Coriander 30g	\$ 2.39 /30g	\$ 0.24	1tsp=2g. Cost based on 10% of pack
1/2 tsp	tumeric	Gregg's Ground Turmeric 40g	\$ 2.39 /40g	\$ 0.24	1tsp=2g. Cost based on 10% of pack
1 Tbsp	canola oil	PANTRY ITEM	\$ -	\$ -	
1	onion	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
1 tsp	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	1 clove=5g
1 tsp	ginger	Loose Ginger	\$ 9.99 /kg	\$ 0.05	
1 tsp	garam masala	Gregg's Garam Masala 35g	\$ 2.39 /35g	\$ 0.24	1tsp=2g. Cost based on 10% of pack
1 cup	tomato puree	Wattie's Tomato Puree 290g	\$ 1.69 /290g	\$ 1.46	
	coriander	Countdown Coriander 15g	\$ 3.69 /15g	\$ 0.92	Cost based on 1/4 of pack
2 cups	rice	Homebrand Long Grain Rice 1kg	\$ 1.79 /1kg	\$ 0.72	
Total cost to make meal				\$13.06	