



Five Spice Chicken with Prunes and Potatoes

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.

Five Spice Chicken with Prunes and Potatoes.

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
700g	potatoes, peeled and cut into chunks	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 2.09	
2 Tbsp	grated fresh ginger	Loose Ginger	\$ 9.99 /kg	\$ 0.30	1 Tbsp = 15g
2 cloves	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 clove = 5g
1/4 cup	Worcestershire sauce	Homebrand Worcester Sauce 500ml	\$ 2.20 /500ml	\$ 0.28	
1/3 cup	Homebrand soy sauce	Highmark Dark Soy Sauce 300ml	\$ 2.25 /300ml	\$ 0.63	
1/4 cup	plum sauce	Watties Bit on the side plum sauce	\$ 3.49 /300ml	\$ 0.73	
1/4 cup	brown sugar	PANTRY ITEM	\$ - -	\$ -	
1 tsp	five spice	Gregg's Five Spice 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
3	star anise	Gregg's Whole Star Anise 9g	\$ 6.99 /9g	\$ 0.70	Cost based on 10% of pack
2	onions, cut into quarters	Loose Brown Onions	\$ 2.99 /kg	\$ 0.90	1 onion = 150g
8	prunes	Homebrand Pitted Prunes 250g	\$ 2.99 /250g	\$ 1.00	Cost based on 1/3 of pack
4	chicken pieces	Select Chicken Portions Mixed 2kg	\$ 9.99 /2 kg	\$ 5.00	Cost based on 1/2 pack
2 Tbsp	chopped parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.28	Cost based 1/10 of bunch
2 Tbsp	olive oil	PANTRY ITEM	\$ - -		
1	green cabbage, cut into wedges	Green Cabbage Half	\$ 1.95 /half	\$ 1.95	
	salt and pepper to taste	PANTRY ITEM	\$ - -		
1 Tbsp	soy sauce to sprinkle	Highmark Dark Soy Sauce 300ml	\$ 2.25 /300ml	\$ 0.08	Cost based on 2 tsp
Total cost to make meal				\$ 14.13	