



## Green Curry with Chicken Balls

### 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.

#### Green Curry with Chicken Balls

Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
350g	minced chicken	Fresh Chicken Mince	\$ 19.00 /kg	\$ 6.65	
1	egg white	Caged Eggs Dozen Mixed	\$ 3.25 /12	\$ 0.27	
1/2 cup	coconut cream lite	Essentials Coconut Cream Lite 400ml	\$ 1.39 /400ml	\$ 0.43	
3 Tbsp	green curry paste	Gregg's Thai Green Curry Paste 160g	\$ 3.59 /160g	\$ 1.01	
1 1/2 can	coconut milk lite	Homebrand Coconut Milk 400ml	\$ 1.39 /400ml	\$ 1.85	
1 cup	frozen peas	Homebrand Peas 1kg	\$ 2.29 /1kg	\$ 0.57	
100g	green beans	Select Whole Green Beans 1kg	\$ 3.79 /1kg	\$ 0.38	
2 Tbsp	fish sauce	Asian Home Gourmet Fish Sauce 200ml	\$ 2.65 /250ml	\$ 0.32	1 tsp = 5ml
2 Tbsp	sugar	PANTRY ITEM	\$ -	\$ -	
4 Tbsp	basil leaves	Countdown Basil 15g	\$ 3.69 /15g	\$ 1.85	
1	red chilli	Pre-packed Red Chilli 3 pack	\$ 3.99 /80g	\$ 0.50	10g = 1
<b>Total cost to make meal</b>				<b>\$ 13.83</b>	