



Roast Chicken with Kumara Couscous

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 Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
1kg	frozen chicken portions	Select Chicken Portions Mixed 2kg	\$ 9.99 /2kg	\$ 5.00	1kg = approx 10 chicken drumsticks
3 Tbsp	oil	PANTRY ITEM	\$ -		
2	kumara	Loose Red Kumara	\$ 6.99 /kg	\$ 2.10	(1 potato = 150g so used this weight in the meantime)
2 cups	couscous	San Remo Couscous 500g	\$ 2.50 /500g	\$ 2.50	
500ml	chicken stock	Oxo Chicken Stock 71g 12pk	\$ 2.69 /12 pk	\$ 0.45	1 cube = 190ml stock.
1/2 Tbsp	Moroccan seasoning	Select Moroccan Seasoning 52g	\$ 2.00 /52g	\$ 0.29	
1	lemon	Loose Lemons	\$ 7.99 /kg	\$ 1.00	1 lemon = 125g
3 Tbsp	parsley	Whole Bunch Parsley	\$ 2.79 /15g	\$ 0.70	assuming 1/4 bag is enough for 3 Tbsp
3 Tbsp	mint	Countdown Mint 15g	\$ 3.69 /15g	\$ 0.98	assuming 1/4 bag is enough for 3 Tbsp
1	tomato	Loose Tomatoes	\$ 4.49 /kg	\$ 0.54	1 tomato weighs 120g.
	salt	PANTRY ITEM	\$ -		
	pepper	PANTRY ITEM	\$ -		
Total cost to make meal				\$ 13.55	