



# Courgette and Sausage Baked Risotto

## 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.

**Courgette and Sausage Baked Risotto**

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
2 Tbsp	oil	PANTRY ITEM	\$ - -		
1	onion, chopped	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
3 cloves	garlic, sliced	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.13	1 clove = 5g
1/2 cup	water	PANTRY ITEM	\$ - -		
1 cup	Arborio rice	Sunrice Arborio Rice 750g	\$ 4.29 /750g	\$ 1.14	1 cup = 200g
2	courgettes, sliced	Loose Courgettes	\$ 6.99 /kg	\$ 2.10	1 courgette = 150g
2x 400g	diced tomatoes	Homebrand Diced Tomatoes 400g	\$ 0.80 /400g	\$ 1.60	
1/2	green capsicum, deseeded, chopped	Loose Green Capsicum	\$ 2.89 /each	\$ 1.45	
1 tsp	brown sugar	Essentials Brown Sugar 500g	\$ 1.50 /500g	\$ 0.02	1 tsp = 5g
1 cup	chicken stock	Oxo Chicken Stock 71g 12pk	\$ 2.69 /12pk	\$ 0.45	1 cube = 190ml stock.
	salt and pepper	PANTRY ITEM	\$ - -		
4	fresh lamb sausages	Fresh Lamb Sausages 6pk	\$ 8.50 /6pk	\$ 5.67	
1 cup	grated cheese	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 0.95	
1 Tbsp	chopped parsley for garnish	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.56	Cost based on 1/5 of bunch
200g	peas	Homebrand Peas 1kg	\$ 2.29 /1 kg	\$ 0.46	PRICE LOCKDOWN
<b>Total cost to make meal</b>				<b>\$ 14.96</b>	