



Corned Beef Pockets

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.

Corned Beef Pockets

Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
Corned Beef and Cabbage Filling					
1 Tbsp	olive oil	PANTRY ITEM	\$ - -		
1 cup	cooked corned beef, finely cubed	Corned Silverside	\$ 10.99 /kg	\$ 5.50	500g costed
1/2	onion, finely diced	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
1/2	cabbage, chopped	Green Cabbage Half	\$ 1.95 /half	\$ 1.95	
2 Tbsp	water	PANTRY ITEM	\$ - -		
1 Tbsp	cider vinegar	Homebrand Cider Vinegar 1L	\$ 3.44 /1L	\$ 0.05	1 Tbsp = 15ml
1 pinch	white sugar	PANTRY ITEM	\$ - -		
	salt and pepper to taste	PANTRY ITEM	\$ - -		
Pockets					
2 sheets	puff pastry, thawed	Homebrand Puff Pastry 1kg	\$ 4.50 /6 sheets	\$ 1.50	PRICE LOCKDOWN
3/4 cup	cheese, finely grated	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 0.71	1 cup = 100g
1	egg beaten, with 1 Tbsp water	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.27	
500g	Homebrand fries	Homebrand Straight Cut Fries 1kg	\$ 2.29 /1kg	\$ 1.15	PRICE LOCKDOWN
60g	salad greens	Value Salad Greens 120g	\$ 3.49 /120g	\$ 1.75	
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.45	
1/2 cup	tomato sauce	Essentials Tomato Sauce 575g	\$ 1.69 /575g	\$ 0.37	1 cup = 250ml. PRICE LOCKDOWN
Total cost to make meal				\$ 14.13	