



Herb and Parmesan Chicken Schnitzel

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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Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
4 medium sized	potatoes, scrubbed	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 1.79	1 potato = 150g
1 Tbsp	oil plus extra for cooking	PANTRY ITEM	\$ - -		
	salt	PANTRY ITEM	\$ - -		
1 - 2 tsp	smoked paprika	Mrs Rogers Smoked Paprika 34g	\$ 2.30 /34g	\$ 0.12	Cost based on 5% of pack
2	chicken breasts, skin removed, split in half	Fresh Boneless Chicken Breast Skin On Value	\$ 13.00 /kg	\$ 6.50	Cost based on 500g
	flour for dusting	PANTRY ITEM	\$ - -		
1	egg, lightly whisked with 1 tablespoon water	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.27	
1 cup	breadcrumbs	Sunvalley Foods White Breadcrumbs 400g	\$ 1.99 /400g	\$ 0.62	1 cup = 125g dry breadcrumbs
1 tsp	Tuscan herbs	Mrs Rodger Eco Tuscan Herbs 32g	\$ 2.30 /32g	\$ 0.12	Cost based on 5% of pack
½ cup	grated parmesan	Mainland Parmesan 200g	\$ 6.50 /200g	\$ 1.46	1 cup = 90g
	Pepper	PANTRY ITEM	\$ - -		
	1 tsp butter	PANTRY ITEM	\$ - -		
1 head	broccoli, cut into florets, steamed	Fresh Broccoli	\$ 1.69 /each	\$ 1.69	
1	lemon, cut into wedges	Loose Lemons	\$ 7.99 /kg	\$ 1.20	1 lemon = 150g
Total cost to make meal				\$ 13.77	