



Meatloaf with Green Beans and Smashed Potatoes

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
2 Tbsp	unsalted butter	Mainland Unsalted Butter	\$ 7.00 /500g	\$ 0.42	
1	onion, grated	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
1	celery stalk, finely chopped	Whole Celery Bunch	\$ 2.49 /each	\$ 0.25	1 bunch = 10 stalks
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.45	1 carrot = 150g
3 cloves	garlic, minced	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.13	1 clove = 5g
1 tsp	salt	PANTRY ITEM	\$ - -		
1/2 tsp	black pepper	PANTRY ITEM	\$ - -		
1 Tbsp	worcestershire sauce	Homebrand Worcester Sauce 500ml	\$ 2.20 /500ml	\$ 0.07	1 Tbsp = 15ml
1/3 cup	tomato sauce	Essentials Tomato Sauce 575g	\$ 1.69 /575g	\$ 0.25	
300g	beef mince	Value Beef Mince	\$ 12.49 /kg	\$ 3.75	
3	pork sausages, skin removed	Fresh Pork Sausages 6pk	\$ 8.50 /6pk	\$ 4.25	
1 cup	fresh breadcrumbs	PANTRY ITEM	\$ - -		
2	large eggs, beaten slightly	Select Size 7 Eggs 6pk	\$ 2.29 /6pk	\$ 0.76	Costed on Size 7 eggs
2 Tbsp	parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.28	Cost based on 1/10 of bunch
300g	green beans	Select Whole Green Beans 1kg	\$ 3.79 /kg	\$ 1.14	
	Smashed Potatoes				
4	potatoes	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 1.79	1 potato = 150g
2 Tbsp	olive oil	PANTRY ITEM	\$ - -		
1 Tbsp	butter	PANTRY ITEM	\$ - -		
2 cloves	garlic	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 garlic clove = 5g
	salt	PANTRY ITEM	\$ - -		
2 Tbsp	chopped parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.28	Cost based on 1/10 of bunch
1/2 cup	Homebrand tomato sauce	Essentials Tomato Sauce 575g	\$ 1.69 /575g	\$ 0.37	1 cup = 250ml. PRICE LOCKDOWN
Total cost to make meal				\$ 14.72	