



## Classic Mince and Cheese Pie

### 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
1 Tbsp	oil	PANTRY ITEM	\$ - /kg		
1	onion, chopped	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
2 cloves	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /kg	\$ 0.09	1 clove = 5g
500g	beef mince	Value Beef Mince	\$ 12.49 /kg	\$ 6.25	
1	carrot, grated	Loose Carrots	\$ 2.99 /kg	\$ 0.45	1 carrot = 150g
1 stick	celery, chopped small	Whole Celery Bunch	\$ 2.49 /kg	\$ 0.25	1 bunch = 10 sticks
1 tsp	dried thyme	Gregg's Dried Thyme 15g	\$ 2.39 /kg	\$ 0.12	Cost based on 5% of pack
	salt and pepper	PANTRY ITEM	\$ - /kg		
2 Tbsp	flour	PANTRY ITEM	\$ - /kg		
2	beef stock cubes in 2 cups water	Oxo Beef Stock 71g 12pk	\$ 2.69 /kg	\$ 0.45	
1 cup	grated cheese	Homebrand Edam Cheese 1kg	\$ 9.50 /kg	\$ 0.95	1 cup grated cheese = 95g
400g	puff pastry	Signature Range Flaky Puff Pastry 400g	\$ 2.00 /kg	\$ 2.00	
2 Tbsp	milk to brush	PANTRY ITEM	\$ - /kg		
200g	frozen peas, steamed to serve	Homebrand Peas 1kg	\$ 2.29 /kg	\$ 0.46	
	tomato sauce to serve	Essentials Tomato Sauce 575g	\$ 1.69 /kg	\$ 0.18	Cost based on 1/4 cup
<b>Total cost to make meal</b>				<b>\$ 11.64</b>	