



Moroccan Chickpea and Lentil Soup

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.

Moroccan Chickpea and Lentil Soup

Recipe courtesy of Brett McGregor

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
1 Tbsp	oil	PANTRY ITEM	\$ - -		
1	onion, diced	Loose Brown Onions	\$ 2.99 /kg	\$ 0.45	1 onion = 150g
1/2 tsp	ground ginger	Gregg's Ground Ginger 30g	\$ 2.39 /30g	\$ 0.12	Cost based on 5% of pack
1/2 tsp	turmeric	Gregg's Ground Turmeric 40g	\$ 2.39 /40g	\$ 0.12	Cost based on 5% of pack
1/2 tsp	cinnamon	Gregg's Ground Cinnamon 30g	\$ 2.39 /30g	\$ 0.12	Cost based on 5% of pack
400g can	diced tomatoes	Homebrand Diced Tomatoes 400g	\$ 0.80 /400g	\$ 0.80	PRICE LOCKDOWN
1 tsp	sugar	PANTRY ITEM	\$ - -		
90g	red lentils, soaked as per packet instructions	Ward Mckenzie's Soup Mix Red Lentils 375g	\$ 2.49 /375g	\$ 0.60	
1L	vegetable stock	Select Vegetable Stock 1L	\$ 3.50 /1L	\$ 3.50	1 cube = 190ml stock.
420g can	chickpeas, drained and rinsed	Select Chickpeas 420g No Added Salt	\$ 1.30 /420g	\$ 1.30	
2 Tbsp	chopped coriander	Countdown Coriander 15g	\$ 3.69 /15g	\$ 0.74	Cost based on 1/5 of pack
2 Tbsp	chopped parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.28	Cost based on 1/10 of bunch
	salt and pepper	PANTRY ITEM	\$ - -		
	Tsatziki				
3/4 cup	unsweetened yoghurt	Yoplait Greek yoghurt 2x125g	\$ 3.25 /2x125g	\$ 1.63	
1 cup	chopped cucumber	Loose Lebanese Cucumber	\$ 1.99 /each	\$ 1.00	Cost based on half a cucumber
1 clove	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.04	
1 Tbsp	chopped mint	Countdown Mint 15g	\$ 3.69 /15g	\$ 0.74	Cost based on 1/5 of pack
4	pita bread	Signature Range Pita Bread White	\$ 3.00 /8pk	\$ 1.50	PRICE LOCKDOWN
	olive oil for drizzling	PANTRY ITEM			
Total cost to make meal				\$ 12.92	