



## Smoked Fish and Potato Filo Parcels

### 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
3 medium sized	potatoes	Loose Agria Brushed Potatoes	\$ 2.99 /kg	\$ 1.79	1 potato = 150g
20g	butter	PANTRY ITEM	\$ - -		
1 small	onion, chopped	Loose Brown Onions	\$ 2.99 /kg	\$ 0.30	1 onion = 100g
2 cloves	garlic, crushed	Pre-packed Garlic 5 Piece Chinese	\$ 3.99 /450g	\$ 0.09	1 clove = 5g
20g	flour	PANTRY ITEM	\$ - -		
1 cup	milk	PANTRY ITEM	\$ - -		
2 Tbsp	chopped parsley	Whole Bunch Parsley	\$ 2.79 /bunch	\$ 0.56	Cost based on 1/5 bunch
200g	smoked fish, flaked, bones removed	Sealord Fish Fillets Chunk Style Smoked	\$ 5.99 /450g	\$ 5.99	
	salt and pepper	PANTRY ITEM	\$ - -		
	8 pieces filo pastry	Timos Filo Pastry Fresh	\$ 5.39 /375g	\$ 2.70	Cost based on 1/2 pack
	Melted butter for brushing	PANTRY ITEM	\$ - -		
200g	frozen beans, steamed	Select Whole Green Beans 1kg	\$ 3.79 /1 kg	\$ 0.76	
1	lemon, cut into wedges	Loose Lemons	\$ 7.99 /kg	\$ 1.20	1 lemon = 150g
<b>Total cost to make meal</b>				<b>\$ 13.38</b>	