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| --- | --- | --- | --- | --- | --- |
| **Recipe ingredients** | **Cost as per recipe**  **£** | **Alternative ingredients** | **Cost of alternative ingredients**  **£** | **Double the ingredients** | **Cost of doubling the ingredients**  **£** |
| 1 tbsp rapeseed oil |  |  |  |  |  |
| 12 meatballs (300g) |  | e.g. 250g of mince |  |  |  |
| 1 onion, finely chopped |  |  |  |  |  |
| 3 garlic cloves, finely chopped |  |  |  |  |  |
| 2 tbsp ketchup |  |  |  |  |  |
| 2 x 400g cans chopped tomatoes |  |  |  |  |  |
| 1 large bunch of basil, finely chopped. |  |  |  |  |  |
| 225g dried spaghetti |  |  |  |  |  |
| TOTAL Cost **per recipe** |  |  |  |  |  |
| TOTAL Cost **per person** |  |  |  |  |  |