**$300 Hong Kong Dollar Ingredients**

(Including Breakfast, Lunch and Dinner)

* Instant Noodle 30 packets - Enough for 30 meals
  + Brought from U-supermarket
  + Approximately $3.3 per packet
  + Price: $99
* Potato (12 packets – about 60 small potatos) - Enough for 60 meals
  + Brought from supermarket (Wellcome Supermarket) or market
  + Approximately ~ $12 - $13 per packet (5 potatos)
  + Price: $156
* Onion Large 1
  + Brought from market
  + Approximately $4 per One
  + Price: $4
* Chicken Chops (Large) 2 Pieces – Enough for 30 meals
  + Brought from market
  + Approximately $12 per Piece
  + Price: $24
* Portuguese Curry / Curry 1 Bottle – Enough for 30 meals
  + Brought from Supermarket or Store
  + Approximately $17 per Bottle
  + Price: $17

**Total Price: $300 (All in terms of Hong Kong Dollars)**

*Updated: 9h November 2024 price subject to change*

**Meals And Menus (Total 90 Meals)**

3 Meals Per Day (Breakfast, Luch and Dinner) for 90 days

**This ingredinets are base on portions. In case you don’t how to accurately divide it into portion. You can use a balance to weight the net weight of the ingredients and then divide it into portions base on the net weight.**

* Marsh potato *(60 meals) (Can be Served for Breakfast , Lunch or Dinner)*

1. Boiled the Potatos **with skin** (around 35 mins).
2. Peel the skin.
3. Marsh the Boiled Potato and add white pepper and salt.
4. Fill it on a large container and keep it inside the fridge (the place where you kept the meat).
5. When serve, cut it base on your portion, put it on an air fryer for 8 mins at 200 degrees. (Option - Add cheeze on top).

* Portuguese Cury / Curry Chicken *(Served with Marsh Potato)*

1. Unfrozen the chicken.
2. Cut the chicken into small bite sizes.
3. Mixed the chicken with flavour: salt, sugar, pepper and leave it for half an hour.
4. Keep the chicken inside the fridge (the place when you kept the meat).
5. When need for cook. Defrost the chicken.
6. Peel and Cut the Onion into Slices.
7. Fill the pot with water (base on your curry portion).
8. When water starts to boil, base on your portion add the Portuguese Curry inside the pot.
9. Base on your portion , add Onion and the cutted bite size chicken into the pot.
10. Serve it with **marsh potato**.

* *Instant Noodle – (30 meals) (Served for Breakfast or Lunch)*

***Total 90 meals***