

4 RECIPES. 1 PANTRY.

BUY ONCE. COOK FOUR DINNERS. TOP UP ONLY WHAT YOU NEED.

FULL TROLLEY \$113.33 starting pantry	USED IN 4 RECIPES \$56.94 recipe-value total	NEXT TOP-UP \$36.92 to cook all 4 again
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That's \$150.25 for 8 Dinners (4-5 portions each)

On average that's \$18.78 per meal.

Chicken breast	2kg \$27.98	1.5kg used; 500g left	Buy 1kg \$13.99
Long grain/Jasmine rice	1kg \$2.69	900g used; ~100g left	Buy 1kg \$2.69
Rice noodles	250g \$2.29	250g used; none left	Buy 250g \$2.29
Fresh onions	2 \$0.90	2 used; none left	Buy 2 \$0.90
Garlic & ginger mince	380g \$4.49	120g used; 260g left	No top-up
Frozen mixed veg	2kg \$8.38	~900g used; ~1.1kg left	No top-up
Chicken stock	12-pack \$3.69	2.5 cubes used; 9.5 left	No top-up
Milk	1L \$3.57	375ml used; 625ml left	No top-up
Butter	500g \$7.39	60g used; 440g left	No top-up
Vegetable oil	500ml \$2.69	120ml used; 380ml left	No top-up
Crushed tomatoes	1 x 400g \$1.29	1 can used; none left	Buy 1 can \$1.29
Greek-style yogurt	250g \$3.39	125g used; 125g left	No top-up
Mild curry powder	100g \$4.69	~14g used; ~86g left	No top-up
Fresh coriander	100g \$4.99	25g used; 75g left	No top-up
Soy sauce	550ml \$3.59	90ml used; 460ml left	No top-up
Oyster sauce	250ml \$3.99	30ml used; 220ml left	No top-up
Sesame oil	200ml \$5.09	25ml used; 175ml left	No top-up
Eggs	6pk \$4.59	4 used; 2 left	Buy 6pk \$4.59
Spring onions	1 bunch \$2.49	1 bunch used	Buy 1 bunch \$2.49
Streaky bacon	250g \$5.99	250g used; none left	Buy 250g \$5.99
Onion powder	40g \$1.99	~14g used; ~26g left	No top-up
Baby corn	1 can \$2.69	1 can used; none left	Buy 1 can \$2.69
Salt	1 pack \$1.49	Small amount used	No top-up yet
Black pepper	1 pack \$2.99	Small amount used	No top-up yet

TOP-UP TOTAL: \$36.92 • Enough to reset the short items and cook all four recipes again.

Prices: PAK'nSAVE pantry model, 24 August 2026. Used values exclude small amounts of salt and pepper.

CREAMY BUTTER CHICKEN WITH RICE

USED PANTRY VALUE NZ\$14.73

NZ\$3.68 for 4 serves | NZ\$2.95 for 5 serves

INGREDIENTS

- 500g chicken breast, diced
- 2 tbsp (30g) butter
- 1 large onion, finely chopped
- 2 tbsp (30g) garlic & ginger mince
- 1 x 400g can crushed tomatoes
- 1/2 cup (125g) Greek-style yogurt
- 1/2 cup (125ml) full cream milk
- 2 tbsp mild curry powder (about 14g)
- 25g fresh coriander, chopped
- 2 cups uncooked long-grain/Jasmine rice (about 400g)
- Salt to taste
- 1/2 tsp ground black pepper
- 1 tbsp vegetable oil

METHOD

1. Heat 1 tbsp butter and 1 tbsp oil in a large pan over medium heat.
2. Add and saute onions until golden brown, about 5 minutes.
3. Add garlic & ginger and cook for 2 minutes until fragrant.
4. Add chicken and cook for 3-4 minutes until lightly browned. It does not need to be cooked through yet.
5. Add mild curry powder, 1/2 tsp salt and 1/2 tsp black pepper. Mix well.
6. Stir in crushed tomatoes. Simmer for 8-10 minutes, stirring occasionally, until the sauce thickens. **Turn the heat down.**
7. Put the yoghurt in a bowl and stir **2–3 tablespoons of the hot tomato sauce into it first.** This tempers the yoghurt.
8. Take the pan **completely off the heat**, stir in the yoghurt gradually, then return it to low heat.
9. Add the milk and stir until combined. **Keep on a very low heat.** Heat gently for 2–3 minutes. **Do not allow the sauce to boil.**
9. **Make sure the chicken is cooked.** Taste and adjust the salt and pepper.
10. Garnish with coriander.
11. Serve with the cooked rice.

ONE-PAN CREAMY CHICKEN & VEG RICE POT

USED PANTRY VALUE NZ\$11.90

NZ\$2.98 for 4 serves | NZ\$2.38 for 5 serves

INGREDIENTS

- 500g chicken (breast or thighs), diced
- 1 onion, chopped
- 2 tbsp garlic & ginger mince
- 1.5 cups uncooked long-grain/Jasmine rice (about 300g)
- 2 cups mixed frozen vegetables (about 300g)
- 2 cups chicken stock (made with 2 stock cubes)
- 1 cup milk
- 2 tbsp butter
- 1 tbsp oil
- Salt & black pepper
- Optional: grated cheese to finish

METHOD

- 1. Brown chicken:** Heat oil + 1 tbsp butter in a deep pan. Add chicken, season and cook until lightly golden. Remove and set aside.
- 2. Build flavour:** In the same pan, add onion and cook until soft. Add garlic & ginger and cook for 30-60 seconds.
- 3. Load the pot:** Add rice and stir to lightly toast. Add frozen veg, then pour in stock + milk.
- 4. Bring it together:** Return chicken to the pan and stir once.
- 5. Bring just to a gentle simmer,** cover, reduce to the lowest heat and cook 12–15 minutes. Do not stir while the rice cooks. Turn off the heat and rest, covered, for 5 minutes.
- 6. Finish:** Stir through remaining butter. Add cheese if using and season properly.

CHINESE CHOP SUEY

USED PANTRY VALUE NZ\$15.29

NZ\$3.82 for 4 serves | NZ\$3.06 for 5 serves

INGREDIENTS

- 250g rice noodles (vermicelli)
- 250g chopped streaky bacon
- 2 tbsp onion powder (about 14g)
- 2 tbsp (30g) garlic & ginger mix
- 2 tbsp soy sauce
- 1/2 cup chicken stock (made with 1/2 stock cube)
- 2 tsp sesame oil
- 2 cups mixed frozen veg (about 300g)
- 1 can baby corn, drained
- 1/2 bunch spring onions, chopped for garnish
- Pantry: 2 tbsp vegetable oil
- salt and pepper

METHOD

1. Cook the rice noodles according to the packet instructions, then set aside.
2. Heat the oil in a large pan over medium heat.
3. Chop the bacon and fry it in the oil to create flavour.
4. When the bacon starts to crisp, add onion powder and garlic & ginger mix. Stir-fry for 30-60 seconds until fragrant.
5. Add frozen veg and baby corn. Saute for 2 minutes.
6. Add soy sauce, chicken stock and sesame oil. Toss through the noodles and cook for 1-2 minutes until everything is hot and the noodles have absorbed most of the sauce.
7. Sprinkle with spring onion to serve.
8. Taste first, then season with salt and pepper only if needed.
9. Vegan option: remove the bacon and replace chicken stock with vegetable stock.

CHICKEN FRIED RICE

USED PANTRY VALUE NZ\$15.02

NZ\$3.76 for 4 serves | NZ\$3.00 for 5 serves

INGREDIENTS

- 3 cups cooked, cold long-grain/Jasmine rice (about 600g cooked; made from about 200g / 1 cup dry rice)
- 500g chicken breast, diced
- 2 cups frozen mixed vegetables (about 300g)
- 4 eggs, lightly beaten
- 4 tbsp soy sauce
- 2 tbsp oyster sauce
- 1 tbsp sesame oil
- 2 tbsp (30g) garlic & ginger mince
- 1/2 bunch spring onions, chopped for garnish
- Salt and pepper to taste
- 4 tbsp vegetable oil

METHOD

1. Heat 2 tbsp oil in a large pan or wok over medium-high heat.
2. Add chicken, season with salt and pepper, and cook until browned and cooked through.
3. Add remaining oil, garlic & ginger. Saute for about 30 seconds.
4. Increase heat to high, add mixed vegetables and stir-fry for 2 minutes.
5. Add chilled cooked rice, soy sauce, oyster sauce and sesame oil. Stir well and cook until rice is hot.
6. Push the rice mixture to one side of the pan. Pour the beaten eggs into the empty side and scramble until almost set, then toss everything together.
7. Toss everything together until evenly combined.
8. Taste and adjust seasoning only if needed.
9. Serve hot, garnished with spring onions.