

Our Story

From Cook & Sip to Pantry Challenge to Pantrix

It all began with Cook & Sip — sharing real food, real stories and real conversations.

That grew into Pantry Challenge, a cookbook series born from one simple belief: **every meal matters.**

Now we're building Pantrix — an app that connects what you have, what you buy and what you cook.

We're not just about recipes. We're about practical food knowledge, kitchen confidence and making every ingredient count.



Food knowledge is power.
One meal at a time.

THE BUTCHER'S CORNER

Smart Meat Buying, Better Meals (See page 2)



What to look for
Fresh colour, firm texture, and minimal excess liquid.



Portion before freezing
Divide into meal-sized portions to save time and reduce waste.



Reduce freezer burn
Wrap tightly, remove air, and label with date.

See page 2 for the full guide →

Cheap, easy, flexible noodle soup

ABOUT
\$3.80
PER BOWL
Often less using
leftovers or what
you already have.

For 1 bowl

- 1 packet ramen noodles
- 1 soft-boiled egg

About 50 g protein per serve — shaved frozen steak, leftover BBQ chicken, cooked mince, pork, or whatever needs using up. Or leave the meat out.

Vegetables — whatever you have on hand

Soy sauce

Sriracha or chilli sauce

Boiling water from the kettle



How to make it

- 1 Put the noodles in a bowl.
- 2 Add the protein and vegetables. If using steak, slice it very thin while slightly frozen.
- 3 Pour boiling water from the kettle over the bowl.
- 4 Cover and leave for about 5 minutes.
- 5 Add soy sauce and a little sriracha or chilli sauce to taste.
- 6 Top with the soft-boiled egg, spring onion or whatever you have. Enjoy.



FROZEN-STEAK TRICK

Slice very thin pieces from the end of a slightly frozen steak. Add everything to the bowl, pour over boiling water, cover, and in about 5 minutes dinner is done.

A KIND REMINDER



One Meal at a Time

Progress, not perfection.
Some days will be easy, some won't.
Be kind to yourself.
You are not alone in this. ♥



REAL FOOD
Simple ingredients, big flavour.



SAVE SMART
Stretch your budget without the stress.



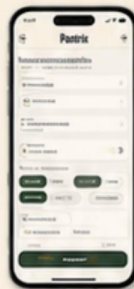
COOK WITH CONFIDENCE
Practical tips to make everyday easier.

What is Pantrix?

Pantrix is a practical food system designed to help households cook with what they have, waste less, save money and feel more confident in the kitchen.

Current stage

Pantry Challenge helped prove the concept, the website and content are live, and the Pantrix app is currently in development.



COMING
SOON

ISSUE

01

AUGUST 2026

PAGE 2 OF 2

• PANTRY NOTES •



The Butcher's Corner

Buy smarter, freeze better, waste less.

Colour guide below refers to meat in sealed packaging; colour may change after exposure to air.

Good Beef



- ✓ Bright cherry-red colour.
- ✓ Creamy white fat.
- ✓ Firm texture.
- ✓ Little excess liquid in the pack.

Good Lamb



- ✓ Pink-red colour.
- ✓ Fine texture.
- ✓ Creamy white fat.
- ✓ Fresh, clean smell.

Good Pork



- ✓ Pale pink colour.
- ✓ Firm texture.
- ✓ Mild, fresh smell.
- ✓ Pack looks clear and dry.

Good Chicken



- ✓ Pink flesh with a natural sheen.
- ✓ Fresh, mild smell.
- ✓ No slimy surface.
- ✓ Pack is sealed and cold.

Beef to Avoid



- ✗ Grey or brown patches.
- ✗ Sour or off smell.
- ✗ Sticky or tacky feel.
- ✗ Too much liquid in the pack.

Lamb to Avoid



- ✗ Dull or dark colour.
- ✗ Strong, unpleasant smell.
- ✗ Sticky surface.
- ✗ Yellow or green fat discolouration.

Pork to Avoid



- ✗ Grey or dull tone.
- ✗ Sour or off smell.
- ✗ Sticky or slimy surface.
- ✗ Damaged or bloated packaging.

Chicken to Avoid



- ✗ Grey or yellow tinge.
- ✗ Strong or sour smell.
- ✗ Slimy or sticky surface.
- ✗ Torn or leaky packaging.

Portion Before Freezing



- ✓ Divide meat into meal-size portions before freezing.
- ✓ Wrap tightly or seal well.
- ✓ Label with the cut and date.
- ✓ Freeze flat for faster, even freezing.

Reduce Freezer Burn



- ✓ Remove as much air as possible.
- ✓ Use freezer bags or double wrap.
- ✓ Keep your freezer cold (below -18°C).
- ✓ Avoid opening packs.

Recommended Freezer Times



Steak / Roasts	6 – 12 months
Chops	4 – 6 months
Mince	3 – 4 months
Chicken Pieces	6 – 9 months
Cooked Meat	2 – 3 months



Tip: label everything with the cut, date and meal idea.



REAL FOOD
Simple ingredients,
big flavour.



SAVE SMART
Stretch your food budget without the stress.



COOK WITH CONFIDENCE
Practical tips to make
everyday easier.