Prep & Save

by Pantrix

Cook. Create. Grow.

Convenience comes at a price, but knowledge gives us a choice.

SPRING IS HERE... AND MY JEANS HAVE SOMETHING TO SAY!



Good food, fresh air and finding our balance again.

This edition follows Thursday's community story, Stop Listening to Crap! We're leaving miracle diets and quick fixes behind to discover what Mediterranean living can teach us about enjoying food, looking after ourselves and making life a little easier.

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GOOD FOOD • FRESH AIR • HEALTH WITHOUT THE HYPE • COOK. CREATE. GROW.



THE JEANS HAVE SPOKEN!

If you've read my stories, you'll know I'm no health expert. I share advice from a life lived, lessons learned and mistakes made along the way. I generally try to keep my personal struggles out of my writing, but sometimes they're what help us relate to one another. After all, I'm fairly certain I'm not the only person whose jeans have suddenly decided they've had enough!

Spring is here, and what I thought was an extra 5kg has turned out to be closer to 15kg. Sometimes I wish I had the courage to get on the scales, but when you can't get into your favourite jeans, you know something is up!

Now, I don't believe in diets. I enjoy my food far too much, and as a chef, I certainly don't intend to stop. What I do believe in is enjoying colourful food, getting outside and living a balanced lifestyle. The trouble is, somewhere along the way, I've stopped doing much of that.

For the past few months, I've been completely focused on getting my business up and running. When I get an idea in my head, I tend to hyperfocus, and everything else takes a back seat.

Add to that six months spent in Queensland, only to return to a Perth winter that felt absolutely freezing, and it's probably no surprise I've been spending far too much time indoors.

I miss the sunshine! I miss exploring, walking and enjoying the beautiful scenery Perth has to offer. More importantly, I miss doing the things that make me feel good.



So, following on from Thursday's story, **Stop Listening to Crap!**, I'm taking some of my own advice. Rather than searching for another miracle solution, I'm getting back to basics.



FINDING MY MOJO AGAIN

Today I'm sitting in my courtyard writing this, soaking up the fresh air and beautiful smells from my gorgeous plants. I've made myself a promise to walk every day, but I've decided to make it a little more interesting.



Today that photograph could be my gate or the building. Tomorrow, however, I'll have to venture further. Once I've done a full 360-degree turn, I'm not allowed to take another photograph from the same area. It's a simple little game, but it gives me a reason to leave the house, something to look for and hopefully the encouragement to walk a little further each day.



I'm also adding two beach walks a week because, seriously, we live in Perth! We have some of the most beautiful coastline in the world. It seems rather silly not to enjoy it, especially when it doesn't cost a cent.



Now let's talk about the food. I'm a chef and butcher. I love preparing, cooking and eating food, and I have absolutely no intention of living on lettuce leaves. I want to enjoy delicious, colourful meals and understand what different foods can offer my body.



I've already discovered something while researching this story. I thought I needed to get my metabolism working again. Turns out, that's not quite how weight loss works! Our metabolism is always working, and weight loss generally requires using more energy than we consume over time. No magic ingredient is going to do that for us.

I'm not promising to lose 15kg by Christmas.

I want to get outside, enjoy the sunshine, eat beautiful food and find my balance again. If I lose a few kilos along the way, wonderful. If I feel healthier, happier and more energetic, that's just as important.
Sometimes getting healthier isn't about starting something new. It's about getting back to the things we loved doing before life got in the way.

A LITTLE LIFT

For the Mind, Body & Soul

Life isn't always easy, and sometimes a few words are all we need to look at things differently. Here's a little inspiration to take with you today.

FOR THE MIND

"Almost everything will work again if you unplug it for a few minutes, including you."

— *Anne Lamott*

FOR THE BODY

"The groundwork of all happiness is health."

— *Leigh Hunt*

"Health is a state of complete harmony of the body, mind and spirit."

— *B.K.S. Iyengar*

FOR THE SOUL

"Try to be a rainbow in someone's cloud."

— *Maya Angelou*

"Although the world is full of suffering, it is full also of the overcoming of it."

— *Helen Keller*

A THOUGHT TO TAKE WITH YOU

You don't have to change your whole life today. Sometimes it's enough to enjoy a little sunshine, share a laugh, help somebody else or simply appreciate what you already have.

Cook. Create. Grow. — *Prep & Save by Pantrix*

WHAT'S NEW AT PANTRIX?

Kitchen Basics is here

Simple cooking tips and tricks, now under Recipes.

Explore recipes, learning tips and tricks, helpful guides and more.



Perfect Basmati Rice



Rice Guide



Perfect Poached Eggs



How to Make Chicken Stock

Create your free Pantrix profile and start exploring.

Find it under **RECIPES** at **pantrix.eco**



THE MEDITERRANEAN DIET... OR IS IT A WAY OF LIFE?

They call it the Mediterranean diet, but personally, I think the word diet gives people the wrong impression. Most of us hear that word and immediately think of restrictions, calorie counting and giving up the foods we love. Well, that doesn't sound particularly enjoyable to me!

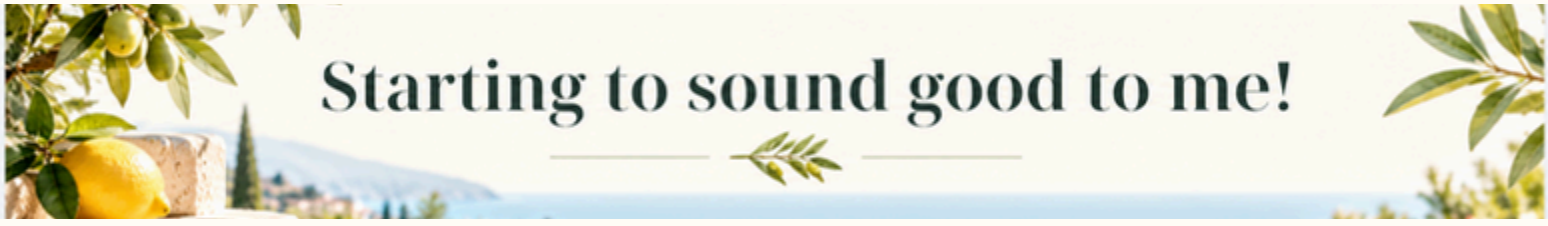
The Mediterranean approach comes from traditional eating habits in countries including Greece, Italy and Spain. It's built around vegetables, fruit, wholegrains, beans, lentils, nuts, seeds, olive oil and seafood, with other foods enjoyed in moderation. But there's more to the Mediterranean tradition than what's on the plate.

Cooking, growing ingredients, sharing meals and spending time with family and friends are part of the culture. Food is something to be prepared, appreciated and enjoyed, not simply another job to get through before bedtime.

And that's what caught my attention. We're constantly being sold complicated solutions to problems that sometimes deserve a much simpler approach. Perhaps we need to spend a little less time worrying about the latest health trend and a little more time enjoying what we already have.

Of course, it's not a free-for-all. Mediterranean-style eating encourages more plant foods and less processed meat, highly processed snacks and added sugar. But there's room for personal preferences, different cooking styles and the occasional treat.

We don't need to move to Greece to learn from it. We can take the principles, adapt them to our Australian lifestyle and enjoy the foods we love while making more informed choices.



Less fad, more flavour. Less pressure, more pleasure.

THE GOOD, THE BAD & THE PANTRIX SOLUTION!

Mediterranean living sounds wonderful, but how practical is it for everyday Australians?



THE HEALTH BENEFITS

HEART HEALTH
Research supports Mediterranean-style eating for a healthy heart, with plant foods, olive oil and fish helping cholesterol levels.

DIGESTION
Vegetables, fruit, beans, lentils and wholegrains provide fibre, supporting regular bowel function and good gut health.

SATISFACTION
Fibre and protein help us feel satisfied after eating. This can support weight management as part of an overall healthy lifestyle.

VARIETY AND ENJOYMENT
There are so many flavours, ingredients and combinations to explore. Good food doesn't have to be boring!

BUT THERE'S A CATCH!

COST
Fresh seafood, nuts and olive oil can be expensive. But there are plenty of more affordable options too.

TIME AND SKILLS
Preparing meals takes effort, especially when you're learning. It can feel challenging at first.

PORTIONS STILL MATTER
Healthy fats like olive oil, cheese, avocado and nuts are nutritious, but they're also energy-dense.

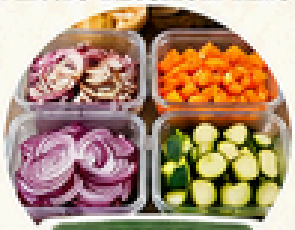
IT'S NOT A MIRACLE CURE
No eating pattern guarantees weight loss, prevents every illness or suits everyone's health needs. The benefits come from the overall lifestyle, not a secret ingredient.

SO HOW CAN PANTRIX HELP?

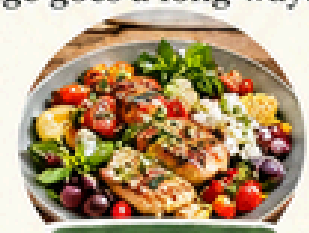
A little kitchen knowledge goes a long way!



COST
Start with what you have, compare prices and choose affordable fresh, frozen or canned ingredients. Buy larger quantities when it saves money, then portion and store them.



TIME
Prepare suitable ingredients raw, portion them and store them safely. You can then create different meals without starting from scratch every time.



PORTIONS
Understand what different foods contribute and learn to build balanced meals without following a strict diet. Enjoy the foods you love in sensible amounts.



WASTE
Plan what to buy, store ingredients correctly and discover different ways to use them. We can't promise zero waste, but we can teach you how to reduce it.





STOP SPENDING. START SAVING!

THE PANTRIX GUIDE TO SPENDING LESS ON GROCERIES

1. STOP SHOPPING!
Before spending another dollar on a big grocery shop, start eating what you already have. Work through your fridge, freezer and pantry. Create meals from those forgotten ingredients and buy only the essentials you genuinely need. You might be surprised how long you can go without another full shop.

2. MAKE A PLAN THAT SUITS YOUR LIFE
Forget complicated meal plans filled with food you don't enjoy. Ask yourself: What do I actually like eating? How much time do I have to cook? Am I feeding one person or a family? Do I enjoy cooking every day, or would I prefer to prepare ahead? Your shopping plan needs to work for YOU.

3. BUY THE INGREDIENT, NOT THE CONVENIENCE
Buying whole cuts of meat, known as primals, and preparing them yourself can save money. Compare a tray of chicken breasts with the price of a whole chicken. Do you really need to cook all 500 g of chicken because a recipe says so? A whole chicken can provide several different cuts, meals and even bones for stock. Learn to cut, portion and prepare ingredients yourself.

4. BUY FRESH PRODUCE SENSIBLY
Fruit and vegetables don't last forever, especially when they're already close to their best. Buy enough for the next few days rather than filling the fridge for a fortnight. If you've eaten everything, top up midweek. Learn which foods belong in the fridge and how to store them correctly.

5. COMPARE PRICES PROPERLY
Don't be distracted by special stickers! Compare prices per kilogram or litre, consider how much usable food you're getting and check whether the larger packet genuinely saves money. Sometimes the cheapest-looking product isn't the best value.

6. SHOP WITH A LIST AND A PURPOSE
Once you've used what you have, write a list around the meals you enjoy. Check your supplies first, buy what's missing and avoid purchasing ingredients just because a recipe mentions them. Substitute something you already own when it works.

7. STOCK UP, THEN REDUCE DOWN
When you find genuine value, stock up on ingredients you know you'll use. Prepare and store them safely, then work through your supplies before another big shop. The goal isn't a constantly full fridge. It's having useful food available without continually spending.

THE PANTRIX WAY

Saving money isn't about eating less or giving up good food. It's about understanding what you're buying, why you're buying it and how to make it go further.
Next: Saving time through home preparation.



SAVE TIME WITHOUT BUYING CONVENIENCE!

THE PANTRIX WAY TO MAKING LIFE EASIER

1. PREPARE ONCE, USE OFTEN
Commercial kitchens rely on preparation, and we can do the same at home. When you unpack your groceries, take a little time to get suitable ingredients ready. It's easier to cook when half the work is already done.

2. PREPARE INGREDIENTS, NOT ENTIRE MEALS
Instead of cooking seven dinners, prepare what you'll need. Slice beef for stir-fries, dice chicken for curries, portion steaks and prepare vegetables. You'll have ingredients ready to create whatever you fancy.

3. MAKE YOUR FREEZER WORK FOR YOU
Divide ingredients into useful meal-sized portions. Label everything with the contents and date. Freeze what you won't use soon. No more digging through unidentified frozen packages!

4. GET ORGANISED BEFORE COOKING
Read your recipe, gather your ingredients and prepare your equipment before you start. It's a simple professional kitchen habit that reduces interruptions and makes cooking more enjoyable.

5. LEARN A FEW BASIC SKILLS
Practise knife skills, preparing vegetables, portioning meat and making simple sauces. You don't need to become a chef. Every skill you learn can make the next meal easier.

6. KEEP FOOD SAFETY IN MIND
Keep chilled ingredients cold, use separate equipment for raw meat and ready-to-eat foods, and refrigerate or freeze perishables promptly. Thaw frozen meat safely in the fridge.





PORTION CONTROL — MORE MEALS, LESS WASTE!.

IT'S NOT ABOUT EATING LESS. IT'S ABOUT KNOWING WHAT YOU NEED.

1. DON'T LET THE PACKET DECIDE
Just because chicken breasts come in a 500 g packet doesn't mean you need all 500 g for one meal. Consider how many people you're feeding, what else you're serving and how much you actually need.

2. DIVIDE BEFORE YOU FREEZE
Instead of freezing everything together, prepare useful portions. Individual steaks, stir-fry strips, diced meat and mince can all be packed separately. That way, you only thaw what you intend to cook.

3. USE DIFFERENT CUTTING METHODS
A steak doesn't always have to stay a steak! Slice it thinly for stir-fries, dice it for kebabs or cut it into strips for sandwiches. Different preparations create different meal possibilities.

4. BUILD THE WHOLE PLATE
Meat isn't the entire meal. Add vegetables, potatoes, rice, pasta or legumes to create something satisfying. Understanding the contribution of each ingredient helps you plan balanced meals.

5. MAKE PORTIONS SUIT YOUR HOUSEHOLD
Cooking for one? Prepare individual packs. Feeding a family? Divide according to your usual meals. There's no universal portion that suits everyone, so learn what works for you.

6. LEARN FROM YOUR LEFTOVERS
If you're constantly leaving food on your plate, review your serving sizes. Start with a sensible amount and have seconds if you're still hungry.



THE PANTRIX WAY

Learn how much you use, portion accordingly and create meals around those ingredients. You're in control, not the packaging!



STOP FEEDING THE BIN!

HOW TO REDUCE FOOD WASTE AND KEEP MORE MONEY IN YOUR POCKET

1. EAT WHAT YOU ALREADY HAVE
Before buying more groceries, look through your fridge, freezer and pantry. Plan meals around ingredients that need using. Make shopping the last step, not the first.

2. FIRST IN, FIRST OUT
Bring older groceries to the front when unpacking new ones. Check use-by dates and understand the difference between use-by and best-before. Don't let perfectly usable ingredients disappear behind newer purchases.

3. STORE IT PROPERLY
Different foods need different conditions. Keep your fridge at 5°C or below and your freezer around -18°C. Store leafy greens, berries, herbs and other fresh produce appropriately to help them last.

4. BUY FRESH FOOD IN SENSIBLE AMOUNTS
A large bargain bag of vegetables isn't saving money if half spoils. Buy what you'll eat over the next few days, especially when produce is already ripe. Top up midweek if necessary.

5. GIVE INGREDIENTS ANOTHER JOB
A little leftover carrot, zucchini or onion can become soup, pasta sauce, an omelette or stir-fry. Think ingredients, not just recipes. One ingredient can have several different uses.

6. FREEZE BEFORE IT SPOILS
Portion and freeze suitable food while it's still fresh and safe. Label the packs so you know what they contain. Refrigerate cooked leftovers promptly and use or freeze them within safe storage times.

7. LEARN WHAT CAN BE USED
Vegetable trimmings suitable for cooking may be useful in stock, while some meat trimmings can be repurposed. But not everything belongs in the pot. Food safety comes first.

THE PANTRIX WAY

Reducing food waste starts with understanding what we already have. Store it properly, use what needs eating first and get creative with the ingredients left over. Before buying more, see what you can make from what's already in your kitchen. Every ingredient saved is money kept in your pocket!



LET'S TALK COOKING



Tomato, Spinach & Salmon Pasta

Pantry-friendly seafood with Mediterranean flavour | Serves 2

Ingredients

- 160–180 g dry wholegrain pasta
- 1 large tin salmon (about 185 g), drained
- 200 g canned crushed tomatoes
- 1 handful baby spinach
- 1 garlic clove, crushed
- 1 tsp olive oil
- 1/2 lemon, juice
- 1 tsp dried oregano or parsley
- Black pepper

Method

1. Cook pasta according to packet instructions. Reserve a little cooking water.
2. Heat olive oil and gently cook garlic. Add crushed tomatoes and herbs.
3. Simmer until slightly thickened, then stir through spinach until wilted.
4. Add drained salmon and pasta, tossing gently. Add a splash of pasta water if needed.
5. Finish with lemon juice and black pepper.

Pantrix tip: *Tinned salmon makes a fast, budget-friendly Mediterranean meal.*

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Mediterranean Vegetable & Feta Frittata

A simple meat-free meal using everyday vegetables | Serves 2

Ingredients

- 4 eggs
- 1/2 zucchini, diced
- 1/2 capsicum, diced
- 1 tomato, diced
- 1 handful baby spinach
- 40 g feta, crumbled
- 1 tsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper
- Wholegrain toast or potatoes, to serve

Method

1. Heat oil in a small non-stick frying pan and cook zucchini and capsicum until tender.
2. Add tomato and spinach, cooking until the spinach wilts.
3. Beat eggs with oregano and seasoning. Pour over vegetables and sprinkle with feta.
4. Cook gently, then finish under a preheated grill if needed, until the eggs are set.
5. Serve with toast or potatoes.

Pantrix tip: *Great for using small amounts of vegetables before they spoil.*

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Mediterranean-style eating doesn't mean expensive ingredients or living on chickpeas! We're using chicken, beef, lamb, eggs and fish alongside everyday vegetables, herbs and pantry staples.

The trick? Buy ingredients you enjoy, prepare sensible portions and use the same vegetables in different dishes. Tomatoes, capsicum, zucchini, garlic, lemon and herbs can take us in five completely different directions.

Want to learn how to prepare your own meat? Visit pantrix.eco/butchers-corner for our whole chicken, eye fillet and Scotch fillet cutting guides. You'll also find our lamb leg masterclass in the previous Prep & Save newspaper.



Mediterranean Lamb & Tomato Skillet

A simple lamb dinner with familiar flavours | Serves 2

Ingredients

- 250 g boneless lamb leg, thinly sliced
- 1/2 red onion, sliced
- 1 zucchini, diced
- 1 capsicum, sliced
- 200 g canned crushed tomatoes
- 1 garlic clove, crushed
- 2 tsp olive oil
- 1 tsp dried oregano
- 1/2 lemon
- Cooked rice or potatoes, to serve

Method

1. Heat 1 tsp oil and brown the lamb in batches. Remove from pan.
2. Add remaining oil, onion, capsicum and zucchini. Cook until starting to soften.
3. Stir in garlic, oregano and tomatoes. Simmer until tender.
4. Return lamb to the pan and cook through.
5. Finish with lemon juice and serve with rice or potatoes.

Pantrix tip: *Portion lamb from a larger leg and freeze extra strips for another meal.*

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Greek Lemon Chicken & Roast Vegetables

Simple Mediterranean-style tray bake | Serves 2

Ingredients

- 2 chicken portions (about 350–450 g bone-in)
- 2 medium potatoes, cut into wedges
- 1 zucchini, sliced
- 2 tomatoes, quartered
- 1/2 red onion, cut into wedges
- 1 lemon, juice and zest
- 1 garlic clove, crushed
- 2 tsp olive oil
- 1 tsp dried oregano
- Salt and pepper

Method

1. Heat oven to 200°C (180°C fan).
2. Place chicken, potatoes, zucchini, tomatoes and onion in a roasting dish.
3. Mix lemon, garlic, olive oil and oregano.
4. Toss through the tray and season.
5. Roast until potatoes are tender and chicken is cooked through.
6. Serve hot.

Pantrix tip: *Change the vegetables to suit what you have.*

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Garlic Beef & Greek Rice Bowls

Tender beef, crisp salad and yoghurt dressing | Serves 2

Ingredients

- 250 g beef strips
- 1/2 cup uncooked rice
- 1 tomato, diced
- 1/2 cucumber, diced
- 1/2 capsicum, sliced
- 1/4 red onion, finely sliced
- 1/3 cup Greek yoghurt
- 1 garlic clove, crushed
- 1/2 lemon, juice
- 1 tsp olive oil
- 1 tsp dried oregano
- Salt and pepper

Method

1. Cook rice according to packet instructions.
2. Mix yoghurt, half the garlic and lemon juice for the dressing.
3. Heat oil and cook beef with remaining garlic, oregano and seasoning.
4. Divide rice, beef and chopped vegetables between bowls.
5. Spoon over the dressing and serve.

Pantrix tip: *A smaller portion of beef goes further when you build the whole bowl.*

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5 RECIPES CREATE YOUR MASTER LIST

We've calculated the ingredients for these five recipes, and if you follow them, you will have ingredients left over. So why stop at five? Just because we planned five recipes doesn't mean we can't create more. Use what's left to make extra meals, sides or lunches without another shopping trip. Turn the page for five more ideas to make your groceries go further.

Pantrix
Prep & Save

YOUR COMMUNITY, YOUR VOICE

Share your stories, recipes, questions and concerns



WE WOULD LOVE TO HEAR FROM YOU

Everyone needs support sometimes, and nobody should feel they're doing everything alone. Prep & Save is about bringing people together, sharing our experiences, asking questions and learning from one another.

Whether it's a favourite recipe, a clever idea, a tip that works, a question you have or a concern you'd like to discuss, your voice matters.
Good ideas deserve to be shared, and everyone has something to contribute.



Share your recipes



Ideas and tips



Ask questions



Share your walks



Tell your story

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DON'T STOP AT 5 RECIPES!



1. Lemon & Oregano Chicken Rice Bowls
Use the remaining meaty chicken portions, rice, lemon, garlic, oregano and yoghurt. Roast or pan-cook the chicken, and serve with seasoned rice and a yoghurt dressing.



2. Greek Lamb & Cucumber Bowls
Use the remaining 250 g lamb, cucumber, a little red onion, rice, oregano and yoghurt. Cook the lamb in strips and serve with rice and cucumber yoghurt sauce.



3. Spinach, Zucchini & Feta Frittata
Use 4 eggs, the remaining zucchini and spinach, 80 g feta and a little onion. Cook until the eggs are fully set.



4. Garlic, Egg & Feta Pasta
Use 160 g pasta, 2 eggs, the remaining 80 g feta, garlic, olive oil and oregano. Toss the cooked pasta with the egg and cheese mixture over gentle heat until cooked through.



5. Homemade Chicken, Rice & Egg Soup
Make stock from the remaining chicken carcass. Add any remaining chicken meat, rice, onion, garlic and the final 2 eggs. Simmer everything safely until cooked.

LOVE THIS? THERE'S MORE AT PANTRIX.ECO

Find more recipes at pantrix.eco and follow Prep & Save by Pantrix on Substack for full stories, food guides and practical inspiration.

MASTER SHOPPING LIST

Shop smart. Cook well. Waste less.

This handy list brings together all the ingredients you need for the Mediterranean recipes in this edition.

It's organised by section, so you can shop with confidence, avoid unnecessary extras and make the most of what you have at home.

Save time with a clear list.

Reduce waste by buying only what you need.

Choose fresh and seasonal produce.

Cook with confidence, knowing you've got everything.



Scan the QR code

to view the complete shopping list for all ingredients, quantities and pack suggestions.

Good food. Fresh air. Health without the hype.

COOK. CREATE. GROW.

Tomato, Spinach & Salmon Pasta

Pantry-friendly seafood with Mediterranean flavour | Serves 2



Ingredients

- 160–180 g dry wholegrain pasta
- 1 large tin salmon (about 185 g), drained
- 200 g canned crushed tomatoes
- 1 handful baby spinach
- 1 garlic clove, crushed
- 1 tsp olive oil
- 1/2 lemon, juice
- 1 tsp dried oregano or parsley
- Black pepper

Method

1. Cook pasta according to packet instructions. Reserve a little cooking water.
2. Heat olive oil and gently cook garlic. Add crushed tomatoes and herbs.
3. Simmer until slightly thickened, then stir through spinach until wilted.
4. Add drained salmon and pasta, tossing gently. Add a splash of pasta water if needed.
5. Finish with lemon juice and black pepper.

Pantrix tip: *Tinned salmon makes a fast, budget-friendly Mediterranean meal.*

Mediterranean Vegetable & Feta Frittata

A simple meat-free meal using everyday vegetables | Serves 2



Ingredients

- 4 eggs
- 1/2 zucchini, diced
- 1/2 capsicum, diced
- 1 tomato, diced
- 1 handful baby spinach
- 40 g feta, crumbled
- 1 tsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper
- Wholegrain toast or potatoes, to serve

Method

1. Heat oil in a small non-stick frying pan and cook zucchini and capsicum until tender.
2. Add tomato and spinach, cooking until the spinach wilts.
3. Beat eggs with oregano and seasoning. Pour over vegetables and sprinkle with feta.
4. Cook gently, then finish under a preheated grill if needed, until the eggs are set.
5. Serve with toast or potatoes.

Pantrix tip: *Great for using small amounts of vegetables before they spoil.*

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A simple lamb dinner with familiar flavours | Serves 2



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- 1 zucchini, diced
- 1 capsicum, sliced
- 200 g canned crushed tomatoes
- 1 garlic clove, crushed
- 2 tsp olive oil
- 1 tsp dried oregano
- 1/2 lemon
- Cooked rice or potatoes, to serve

Method

1. Heat 1 tsp oil and brown the lamb in batches. Remove from pan.
2. Add remaining oil, onion, capsicum and zucchini. Cook until starting to soften.
3. Stir in garlic, oregano and tomatoes. Simmer until tender.
4. Return lamb to the pan and cook through.
5. Finish with lemon juice and serve with rice or potatoes.

Pantrix tip: *Portion lamb from a larger leg and freeze extra strips for another meal.*

Greek Lemon Chicken & Roast Vegetables

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Ingredients

- 2 chicken portions (about 350–450 g bone-in)
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- 1 zucchini, sliced
- 2 tomatoes, quartered
- 1/2 red onion, cut into wedges
- 1 lemon, juice and zest
- 1 garlic clove, crushed
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- Salt and pepper

Method

1. Heat oven to 200°C (180°C fan).
2. Place chicken, potatoes, zucchini, tomatoes and onion in a roasting dish.
3. Mix lemon, garlic, olive oil and oregano.
4. Toss through the tray and season.
5. Roast until potatoes are tender and chicken is cooked through.
6. Serve hot.

Pantrix tip: *Change the vegetables to suit what you have.*

Garlic Beef & Greek Rice Bowls

Tender beef, crisp salad and yoghurt dressing | Serves 2



Ingredients

- 250 g beef strips
- 1/2 cup uncooked rice
- 1 tomato, diced
- 1/2 cucumber, diced
- 1/2 capsicum, sliced
- 1/4 red onion, finely sliced
- 1/3 cup Greek yoghurt
- 1 garlic clove, crushed
- 1/2 lemon, juice
- 1 tsp olive oil
- 1 tsp dried oregano
- Salt and pepper

Method

1. Cook rice according to packet instructions.
2. Mix yoghurt, half the garlic and lemon juice for the dressing.
3. Heat oil and cook beef with remaining garlic, oregano and seasoning.
4. Divide rice, beef and chopped vegetables between bowls.
5. Spoon over the dressing and serve.

Pantrix tip: *A smaller portion of beef goes further when you build the whole bowl.*