Cook ♡ Create ♡ Grow

FOUNDER OF PANTRIX

Every meal matters. ♡

REAL FOOD | SIMPLE IDEAS | BIGGER POSSIBILITIES

PREP & SAVE

EDITION 01 • OCTOBER 2026

Welcome Sunday



IN THIS EDITION



Spring Has a Few Delicious Secrets!

Vegetables, herbs and spices. Discover seasonal favourites, surprising facts and a little old-school kitchen wisdom.

PAGE 03



Let's Talk Lamb!

One leg, plenty of possibilities! Learn to bone it out yourself, or sweet-talk your butcher.

PAGE 05



Seven Recipes & More!

Seven lamb recipes, a digital shopping list and clever ways to turn leftover ingredients into more meals.

PAGE 07

WHAT'S IN • FUN FACTS • TIPS & TRICKS • EVERY MEAL MATTERS • IDEAS CREATE IDEAS



WHAT'S IN OCTOBER

Spring is bringing WA asparagus, peas, strawberries and fresh herbs, with lamb worth watching at the butcher. But seasonal doesn't automatically mean cheaper! Let's see what deserves a place in the shopping trolley.

Vegetables



Watch for asparagus, green and snow peas, broad beans, broccoli, cauliflower, beetroot and Asian greens. Carnarvon's October crops also include capsicums, cucumbers and zucchini. Compare local prices, and don't forget frozen peas. Sometimes the freezer wins!

Fruit



WA strawberries and avocados are spring favourites. Compare punnet sizes and buy avocados at different ripeness stages. Mangoes and watermelons are coming, but Carnarvon's main season for both starts in November. Let's hope the prices look as good as the fruit!

Herbs



Coriander, parsley, mint, basil and spring onions add plenty of flavour. Compare bunch prices, try growing your favourites and plant those spring-onion roots in soil. Why buy another bunch when you might grow your own?

Meat



Spring lamb is worth watching, but don't count your bargains yet! At Muchea on 6 October, some lamb prices eased by $5–$10 per head. That's saleyard prices, not retail! Watch for specials on whole legs, shoulders and forequarter chops. Sometimes buying whole and portioning yourself offers better value.

Food for thought!

A bargain isn't a bargain if half ends up in the bin! Check the price per kilo, buy what you'll actually use and think about the next meal before you shop. West is best, when the price is right!

DID YOU KNOW?
Spring Has a Few Delicious Secrets!

From ancient gardens to Aussie dinner tables, our spring veggies, herbs and lamb have a few stories to tell. Turns out dinner can be educational and delicious.

THE VEGGIE PATCH
Little vegetables, big histories!



Broccoli — The Italian with the Fancy Hairdo!

Those little green florets are unopened flower buds. Leave broccoli growing and they turn yellow. Dinner with flowers? Fancy!



Cauliflower — The Cabbage That Went to Finishing School!

It is not always white — purple, orange and green cauliflower exist too. Very fashionable, really.



Asparagus — The Ancient Celebrity!

The Greeks and Romans enjoyed asparagus thousands of years ago, and some spears can grow several centimetres in a single day. Clearly, asparagus never learned to slow down.

THE HERB GARDEN
Small leaves, big personalities!



Coriander — The Herb That Divides the Dinner Table!

Some people are more sensitive to the compounds that make coriander taste soapy. One person's garnish is another person's washing-up liquid.



Mint — The Cool Customer!

Menthol can trigger cooling receptors in your mouth. Mint walks into a hot kitchen and opens an imaginary window.



Basil — The Sweet-Talking Traveller!

Basil belongs to the mint family. Basil met tomato, fell in love, and the rest is delicious history.



Spring Onions — The Polite Members of the Onion Family!

They are relatives of garlic, leeks and chives — all the family flavour, with fewer tears.

THE BUTCHER'S CORNER
The lamb that helped shape Australia

1788 Sheep arrived with the First Fleet.

1797 Merinos arrived and helped build Australia's wool story.

Today Lamb still rules the dinner table.



THE CUTS:

Leg is the Sunday roast superstar. **Shoulder** is the **hardworking** softie for slow cooking. **Loin chops** and **cutlets** are the tender show-offs, while **forequarter chops** bring big flavour without the fuss.

A MATCH MADE IN THE KITCHEN!



Rosemary and lamb are good friends for a reason. Rosemary's pine-like aroma stands up beautifully to rich lamb, mint brings freshness, garlic adds savoury depth and lemon gives everything a lift. Parsley turns up at the end to make everyone look good.

And here's a family surprise: rosemary, basil and mint all belong to the same botanical family. Imagine their family dinners!

FOOD FOR THOUGHT

Our kitchens bring together ingredients, flavours and traditions from around the world. So next time someone asks what's for dinner, you could give them a little history lesson — just don't let the broccoli know it's related to cabbage. It already thinks it's a tree!



LET'S TALK ABOUT MAKING IT LAST!

We've discovered what's in season, now let's make it last! Ever bought beautiful strawberries only to find a soggy mess underneath? Or opened the crisper to discover your vegetables looking rather sad? Buying well is only half the story.



FRUIT - LOOK A LITTLE CLOSER

Strawberries: Check underneath for bruising or mould. Refrigerate and wash just before eating.
Avocados: Ripen on the bench, then refrigerate.
Mangoes: Ripen at room temperature, then refrigerate.
Watermelon: Keep whole in a cool place and refrigerate once cut.
Remember, bigger isn't necessarily better if half ends up in the bin!



VEGETABLES — KEEP THEM FRESH

Asparagus: Trim the ends, stand in a little water, cover loosely and refrigerate.
Broccoli & cauliflower: Choose firm heads and keep dry in the crisper.
Capsicums: Look for glossy, firm skin and refrigerate.
Leafy greens: Store in a container with paper towel to absorb excess moisture.
Give those veggies a fighting chance!



HERBS — A LITTLE CARE GOES A LONG WAY

Nobody enjoys discovering a slimy bunch of parsley! Wrap parsley, coriander and mint loosely in slightly damp paper towel and refrigerate in a container.
Keep fresh-cut basil stems in water on the bench, away from direct sunlight.
Plant those spring-onion roots in soil and see what grows. A little free gardening with your groceries!



BUTCHER'S CORNER

Look for properly chilled lamb, intact packaging and a suitable use-by date. Choose cuts to suit your meals, whether it's a roast, curry or BBQ.
At home, keep raw lamb securely wrapped on the bottom fridge shelf at 5°C or colder.
Follow the use-by date and freeze it while fresh if you won't use it in time.

BEAT THE PERTH HEAT!

Your groceries won't appreciate a sightseeing tour in a hot car! Use an insulated bag with an ice brick and refrigerate perishables promptly. Saving money isn't just about what we buy. It's about looking after what we've bought!



BUTCHER'S CORNER

ONE LEG OF LAMB, SEVEN RECIPES & SO MUCH MORE



There's More to Eating Well Than the Price on the Packet

I love good food. I enjoy cooking it, preparing it and, naturally, eating it! What I don't enjoy is spending more than I need to. People sometimes assume that eating well means spending a fortune at the supermarket. But I've always believed there's another way. You can enjoy a lovely roast, a homemade curry, something fresh and colourful, or even a takeaway-style dinner without every meal costing a small fortune.

Some of my meals cost around $2. Others might cost $10. I balance those throughout the week, and my personal aim is to average under $5 per meal. That doesn't mean I'm eating the cheapest food every day. It means I'm thinking about the bigger picture. And yes, occasionally I come across something I simply fancy, like a lovely rack of pork ribs. Not everything has to fit perfectly into the budget!

A lot of what I do comes from my butchery experience. I prefer to buy larger cuts of meat when they offer good value, bone them out myself, prepare the portions and freeze what I won't be using straight away. It's a skill that saves me money, but it's also something I enjoy doing. More importantly, it gives me choices.

Rather than deciding what to cook based on whatever individual packets of meat happen to be on special, I can look at a larger purchase and think about all the different dishes it could become. And that is exactly what we're doing in this edition of Pantrix Prep & Save.

ONE SHANKLESS LEG OF LAMB

I purchased a 3.090 kg bone-in, shankless leg of lamb for $49.11 — approximately $15.89 per kilogram. That's what I paid. You can compare it with the prices at your own supermarkets. Instead of roasting it whole, I wanted to show how one purchase could be prepared for several different meals.

I planned a rolled roast, Moroccan lamb kebabs, a Rogan Josh curry, Southern fried buttermilk lamb, schnitzel, homemade lamb wraps and a fresh Italian herb lamb salad. Seven very different dishes.

Of course, when you're buying meat on the bone, not every gram becomes a dinner portion. There are bones, fat and trimmings to consider. The important figure is how much usable meat you actually have once the preparation is finished. The aim isn't to pretend there is no waste in butchery. It's to make good use of everything suitable, including the bones.

But the lamb is only half the story. The other half is what happens to the rest of the groceries. If I buy fresh herbs, vegetables, cheese, wraps or sauces to make these meals, I want to find ways to use those ingredients again. Saving money on the meat doesn't help much if the remaining groceries end up forgotten at the back of the fridge.

So we're going to look at the whole process: buying, preparing, portioning, cooking, shopping wisely and finding more meals from what we already have.

HOW TO DEBONE A LEG OF LAMB

Aitchbone first • Hip joint • Thigh bone • Open out

Nine original photographs from your lamb preparation — no AI-generated meat images



1 Find the hip end

Start at the thick end of the leg. Find the broad, curved hip (aitch) bone just beneath the meat.



2 Follow the bone

Pull the meat back. Use small, shallow cuts with your knife against the curved hip bone, following its shape.



3 Find the hip joint

Find the round ball at the top of the thigh bone. It fits into the hip socket, like a ball in a cup.



4 Release the joint

Gently move the joint to see where it joins. Cut through the thin tissue around the ball to release it.



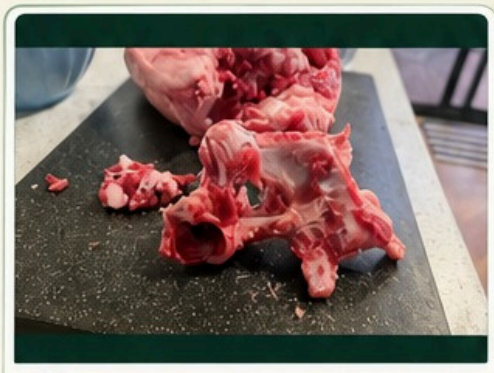
5 Watch for the projection

Feel for a little bony bump under the curve. Guide your knife around and beneath it to free the meat.



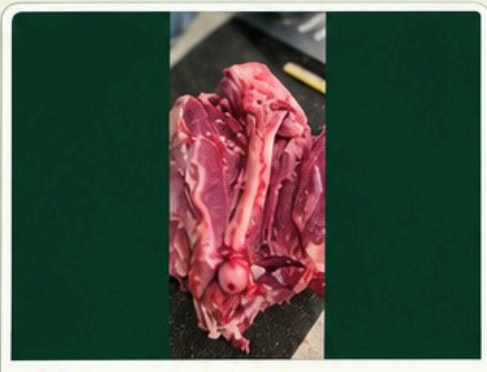
6 Lift out the aitchbone

Keep your knife against the hip bone and cut the last bits holding it. Gently lift the bone away.



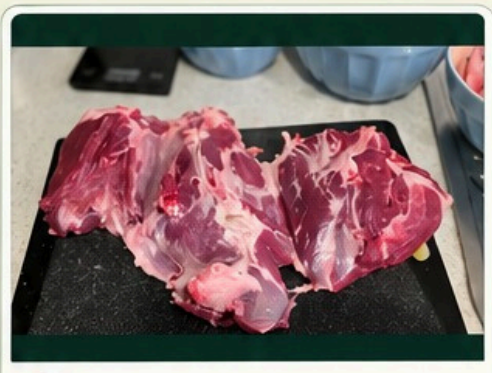
7 Check the hip end

With the hip bone removed, find the round head of the thigh bone. Follow it down to the long bone.



8 Free the thigh bone

Run your knife along the length of the thigh bone. Scrape meat off both sides, free the far end and lift it out.



9 Open the boneless lamb

Spread the lamb flat. Remove tough gristle and silverskin; even out thick areas before rolling or portioning.

Cook • Create • Grow



LET'S TALK COOKING


Southern Fried Lamb Schnitzel
Crispy lamb with roasted pumpkin, potatoes and broccoli.
Serves 1 | Prep 20 min | Cook 35 min | Marinate 2 hrs
Ingredients
150g lamb, flattened
½ cup buttermilk
½ tsp dried rosemary
½ tsp mixed herbs
1 cup cornflour
1 cup rice flour
1 tsp garlic powder
1 tsp onion powder
1 tsp baking powder (GF)
½ tsp dried parsley
½ tsp dried rosemary
Salt & pepper
2 slices butternut pumpkin
2 baby potatoes
4 broccoli florets
2 garlic cloves, crushed
1 tbsp olive oil
Oil for deep-frying
Method
1. Marinate lamb in buttermilk, rosemary and mixed herbs for 2 hrs.
2. Mix flours, baking powder, garlic powder, onion powder, parsley, rosemary, salt and pepper.
3. Coat lamb in flour mixture. Rest until damp, then coat again.
4. Toss pumpkin and potatoes with olive oil, garlic, salt and pepper.
5. Roast at 200°C for 25–35 minutes until golden and tender.
6. Steam broccoli until just tender.
7. Deep-fry schnitzel until golden, crisp and cooked through. Drain.
8. Serve with roasted pumpkin, potatoes and broccoli.
Storage: Refrigerate up to 2 days.
Allergens: Milk (buttermilk).


Italian Herb Lamb Salad
Tender lamb with fresh greens, olives and feta.
Serves 2 | Prep 15 min | Cook 10 min
Ingredients
200g lamb stir-fry strips
1 tbsp olive oil
1 tsp lemon juice
1 garlic clove, crushed
1 tsp Italian herbs
Salt & pepper
2 handfuls fresh spinach
½ cucumber, sliced
½ red onion, finely sliced
½ cup olives, sliced
50g feta cheese, crumbled
Dressing
1 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp lemon juice
½ garlic clove, crushed
Method
1. Toss lamb with olive oil, lemon juice, garlic, Italian herbs, salt and pepper.
2. Heat a frying pan and cook. Stir-fry lamb until browned and cooked through.
3. Arrange spinach, cucumber, red onion and olives on serving plates.
4. Whisk dressing ingredients together.
5. Spoon warm lamb over salad.
6. Sprinkle with crumbled feta.
7. Drizzle with balsamic dressing and serve.
Storage: Refrigerate up to 2 days.
Allergens: Milk (feta).

Now comes my favourite part — deciding what to cook! One leg of lamb, seven completely different recipes and plenty of delicious possibilities. I love good food, but I don't love paying more than I need to. With a little preparation, we can turn one purchase into beautiful meals without eating the same thing every night.

WHO DOESN'T LOVE A GOOD ROAST?

A little garlic, rosemary, mint and honey can turn a portion of lamb into a beautiful Sunday roast. And who said we have to wait until Sunday?

LET'S ADD SOME FLAVOUR!

Moroccan kebabs, mango Rogan Josh and homemade lamb wraps. Three completely different meals using portions from the same leg of lamb. Variety doesn't have to cost a fortune!

SOUTHERN FRIED, ANYONE?

Buttermilk lamb and golden schnitzels bring something different to the table. Crispy, delicious and made in your own kitchen. Who needs takeaway every time?

LET'S LIGHTEN THINGS UP!

Tender Italian herb lamb served with fresh spinach, cucumber, olives and feta. Colourful, full of flavour and another way to make those groceries work for us.


Southern Fried Buttermilk Lamb
Crispy lamb with chips, asparagus and fresh salad.
Serves 1 | Prep 25 min | Cook 25 min | Marinate 2 hrs
Ingredients
150g lamb, flattened
½ cup buttermilk
½ tsp dried rosemary
½ tsp mixed herbs
1 cup cornflour
1 cup rice flour
1 tsp onion powder
1 tsp baking powder (GF)
½ tsp dried parsley
½ tsp dried rosemary
Salt & pepper
4 potato, skin on
1 asparagus spears
1 tsp butter
1 garlic clove, crushed
Fresh parsley
Oil for deep-frying
Spinach, tomato & cucumber
Red & green onion
Olive oil & lemon juice
Lemon mayonnaise
Method
1. Marinate lamb in buttermilk, rosemary and mixed herbs for 2 hours.
2. Mix flours, baking powder, garlic, onion, parsley, rosemary, salt and pepper.
3. Coat lamb well. Rest until flour becomes damp, then coat again for extra crunch.
4. Cut potato into chips. Microwave until just softened. Drain and set aside.
5. Mix spinach, tomato, cucumber and onions.
6. Mix lemon mayonnaise with a little garlic for the dipping sauce.
7. Deep-fry lamb until golden, crisp and cooked through. Drain.
8. Deep-fry chips until golden. Drain and season.
9. Pan-fry asparagus in butter, garlic and parsley.
10. Serve lamb with chips, asparagus, salad and dipping sauce.
Storage: Refrigerate up to 2 days.
Allergens: Milk, egg (mayonnaise).


Mocorrean Lamb Kebabs
Tender Moroccan-spiced lamb kebabs with buttery spring vegetables, crispy beetroot strips and a fresh burst of orange.
Serves 2 | Prep 20 min | Cook 20 min
Ingredients
4 lamb kebabs, 80g each
Moroccan seasoning, to coat
Olive oil
Orange juice & zest
Fresh mint
Salt & cracked black pepper
Broccoli florets
Cauliflower florets
1 carrot, sliced
1 onion, sliced
1 beetroot, thinly sliced
Butter & olive oil
Garlic, minced
Salt & pepper
Oil for deep-frying
Orange slices & fresh parsley
Method
1. Coat kebabs in Moroccan seasoning, salt and pepper.
2. Pan-fry in olive oil, turning until cooked through. Add orange juice, zest and mint.
3. Cut beetroot into thin strips. Deep-fry until crisp and drain.
4. Stir-fry onion and carrot in butter and oil until softened.
5. Add broccoli, cauliflower, garlic, salt and pepper. Cook until tender-crisp.
6. Toss crispy beetroot through vegetables just before serving.
7. Plate vegetables with kebabs. Garnish with orange and parsley.
Storage: Fridge up to 2 days. Best eaten fresh.
Allergens: Milk (butter).


Homemade Lamb Kebabs
Italian-herb lamb wraps with fresh salad and tzatziki.
Serves 2 | Prep 15 min | Cook 10 min
Ingredients
200g lamb stir-fry strips
2 large wraps
1 tbsp olive oil
1 tsp lemon juice
1 garlic clove, crushed
1 tsp Italian herbs
Salt & pepper
2 tbsp homemade tzatziki
Handful fresh spinach
1 tomato, sliced
½ onion, thinly sliced
¼ cup grated cheese
Oil for frying
Method
1. Toss lamb with olive oil, lemon, garlic, Italian herbs, salt and pepper.
2. Heat a frying pan until hot. Add a little oil and stir-fry lamb until browned and cooked through.
3. Warm wraps in a dry frying pan.
4. Spread each wrap with homemade tzatziki.
5. Add spinach, tomato, onion and grated cheese.
6. Divide lamb between wraps and drizzle with extra tzatziki.
7. Fold tightly and serve warm.
Storage: Refrigerate leftovers up to 2 days.
Allergens: Milk, wheat (wraps).


Lamb & Mango Rogan Josh Curry
Tender lamb in a rich, mildly sweet mango curry.
Serves 2 | Prep 10 min | Cook 35–40 min
Ingredients
150g lamb, diced
2 frozen mango halves, sliced
1 onion, sliced
1 garlic clove, crushed
1 red chilli, chopped
2 tbsp Rogan Josh curry paste
1 tbsp oil
1 cup water
Salt & cracked black pepper
1 cup uncooked rice
Method
1. Cook rice according to packet directions.
2. Heat oil in a pan. Fry onion until softened.
3. Add lamb, garlic and chilli. Cook until browned.
4. Add mango slices and fry briefly to combine flavours.
5. Stir in Rogan Josh paste, then add 1 cup water.
6. Reduce to low-medium heat. Cover and simmer for 25–30 minutes, until lamb is tender.
7. If too thick, add water. If too thin, simmer uncovered until reduced.
8. Taste and adjust seasoning. Serve over rice.
Storage: Refrigerate up to 2 days.
Allergens: Check Rogan Josh paste.


Summer Roast Lamb
Served with Fresh Roasted Vegies
Serves 2-4 | Prep 15 mins | Cook 50–60 mins
Ingredients
850 g lamb bolar blade, removed from a whole leg of lamb and butterflied
1 tsp garlic
1 tsp fresh mint
1 tsp rosemary
2 tsp honey
Pinch of salt
Pepper, to taste
Vegetables - Serves 2
1 whole parsnip, cut into chips
4 baby carrots, cut lengthways
1 baby beetroot, sliced
1 whole onion, cut into wedges
1 tsp Italian herbs
Drizzle of rendered lamb fat
Water spinach leaves
Method
1. Lay the butterflied bolar blade flat. Spread over the garlic, mint, rosemary and honey. Season with a pinch of salt and pepper to taste.
2. Roll the lamb up and truss securely with cooking twine into an even-sized roast. Keeping the roast an even thickness helps it cook evenly throughout.
3. Place the parsnip, carrots, beetroot and onion into a roasting tray. If serving 4, add the potatoes.
4. Sprinkle the vegetables with Italian herbs, drizzle with rendered lamb fat and toss to coat.
5. Roast the lamb and vegetables until the lamb is cooked to your liking and the vegetables are golden and tender.
6. Add the water spinach leaves for approximately the last 10 minutes of cooking.
7. Rest the lamb before removing the cooking twine and slicing.
Storage: Refrigerate leftovers up to 3 days.
Allergens: None listed.

SEVEN RECIPES, BUT WE'RE NOT FINISHED YET!

The real savings don't stop with the lamb. We've still got vegetables, herbs, wraps and other ingredients to use. Coming up, I'll show you how we can turn those into even more breakfasts, lunches and dinners. Because buying well is only half the story. What we do with our groceries afterwards matters just as much!



DON'T STOP AT SEVEN RECIPES!



BREAKFAST — LET'S START SIMPLE!

Mango & Orange Yoghurt Bowls

Combine any remaining mango, orange and Greek yoghurt for a fresh, fruity breakfast.

Cheesy Potato & Spring Onion Hash

Pan-fry diced potatoes with spring onions and butter. Finish with a little grated cheese.

Spinach & Tomato Breakfast Wraps

Fill spare wraps with spinach, tomato, feta and fresh herbs. Warm them in a frying pan until the filling is heated through.

LUNCH — A LITTLE OF THIS AND THAT!

Mediterranean Salad

Combine remaining spinach, cucumber, tomato, olives, feta and red onion. Add olive oil and lemon for a simple dressing.

Homemade Wrap Pizzas

Top spare wraps with chopped tomatoes, cheese, olives and herbs. Bake until the base is crisp and the cheese has melted.

Pumpkin Soup

Turn remaining pumpkin, onion and garlic into a comforting soup. Add homemade lamb stock if you've prepared some.

Cheese & Vegetable Quesadillas

Fill spare wraps with grated cheese and suitable leftover vegetables. Fold and toast until golden.





DINNER — WE'RE NOT FINISHED YET!

Broccoli & Cauliflower Cheese Bake

Bake leftover broccoli and cauliflower with cheese until golden.

Roasted Vegetable Platter

Roast pumpkin, carrots, parsnip, beetroot and potatoes with garlic and rosemary.

Vegetable Fried Rice

Cook rice, then stir-fry with spring onions, garlic and leftover vegetables.

Homemade Frypan Pizza

Use a simple dough or spare wrap, then top with cheese, herbs and vegetables.

Lamb Stock & Vegetable Soup

Use the lamb bones to make stock, then add any suitable leftover vegetables.

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.

Pantrix
Prep & Save

MASTER SHOPPING LIST

Use what you have and reduce your waste

SCAN HERE
for your digital shopping list



Use this master shopping list to make your planning easier. Check your pantry, fridge and freezer, tick off what you already have and shop only for what you need.

CHECK what you already have at home

TICK off what you don't need

SHOP only for what **you need**

COOK seven recipes and more

MEAT

Main ingredient for seven delicious lamb recipes.



VEGETABLES

A colourful mix for roasting, salads, sides and more.



FRUIT

Fresh and frozen options for main meals, sides and breakfast.



DAIRY

Essentials for sauces, salads, baking and more.



HERBS

Fresh herbs bring flavour to every recipe.



OTHER

Helpful extras for wraps, sauces, seasonings and cooking.



PANTRY CHECKLIST

Check your pantry — buy only what you need.



HANDY TIPS

- Check your pantry, fridge and freezer first.
- Use the tick boxes on the digital list.
- Adjust quantities to suit your household.
- Look for specials and compare prices.
- Buy only what you need.
- Plan ahead to reduce food waste.

Cook. Create. Grow.

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. I've spent years struggling to make things work, and I know how valuable a little encouragement, knowledge and understanding can be. 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 or something that concerns you, your voice matters.



EVERY MEAL MATTERS

We talk a lot about reducing food waste, but are we really making progress? Every piece of food thrown away represents money, resources and hard work. Yet households continue struggling with grocery costs while perfectly good food ends up in the bin. I want us to look beyond the statistics, understand what's happening and explore practical ways to make a difference. Sometimes it's simply knowing how to store something properly, use an ingredient differently or turn leftovers into another meal.

Let's share what we know, learn from each other and make every meal matter. Good ideas deserve to be shared, and everyone has something to contribute.

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Pantrix
Prep & Save

WHAT'S NEW AT PANTRIX?



A new direction, ongoing lessons and a better way to learn, save and grow.



OUR NEW DIRECTION

Pantrix is growing, and so is the way we share what we know. While books still have their place, we believe ongoing lessons, practical menus, step-by-step guides and real food education will offer far more value over time. Food, prices, headlines and everyday life keep changing, so it makes sense for Pantrix to grow with them. Prep & Save by Pantrix is now our main focus, giving us the space to keep teaching, questioning, cooking and sharing in a way that is current, useful and connected to real life.

WHY THE CHANGE?

This isn't about doing less. It's about doing better. Instead of stopping at a finished book, we want to keep building on the lessons, adding new ideas, improving the tools and helping people make the most of what they already have. That means more practical support, more realistic meal ideas, more digital shopping lists, more guides and more honest conversations about food, value and waste.



TUESDAY

LET'S LOOK AT THE HEADLINES

Every Tuesday we'll take a closer look at the food stories making the headlines and ask the question that matters most — what aren't they telling us? We'll dig deeper, cut through the noise and look at what those stories really mean for everyday people.



THURSDAY

LET'S TAKE IT GLOBAL

On Thursdays we'll step back and look at the bigger picture. What are other countries doing? Are they facing the same problems? Have they found better ways forward? We'll compare, question and learn from what's happening elsewhere, while keeping our community voice open and part of the conversation.



SUNDAY

SIT BACK, RELAX AND ENJOY PREP & SAVE

Sunday is where it all comes together. What's in season, what to buy, how to cut it, how to cook it and how to make the most of the extras. With practical guides, recipe ideas, digital shopping lists and hands-on food knowledge, Sunday is all about helping you eat well, spend wisely and feel more confident in your own kitchen.



LET'S KEEP LEARNING TOGETHER

Pantrix is still about food, value and making things last. The difference now is that we're building something more connected, more useful and more alive. A place where we can keep learning together, keep asking questions and keep finding better ways to cook, create and grow.

Cook. Create. Grow.

Southern Fried Lamb Schnitzel

Crispy lamb with roasted pumpkin, potatoes and broccoli.



Serves 1 | Prep 20 min | Cook 35 min | Marinate 2 hrs

Ingredients

150g lamb, flattened
½ cup buttermilk
½ tsp dried rosemary
½ tsp mixed herbs
1 cup cornflour
1 cup rice flour
1 tsp garlic powder
1 tsp onion powder
1 tsp baking powder (GF)
½ tsp dried parsley
½ tsp dried rosemary
Salt & pepper
2 slices butternut pumpkin
2 baby potatoes
4 broccoli florets
2 garlic cloves, crushed
1 tbsp olive oil
Oil for deep-frying

Method

1. Marinate lamb in buttermilk, rosemary and mixed herbs for 2 hrs.
2. Mix flours, baking powder, garlic powder, onion powder, parsley, rosemary, salt and pepper.
3. Coat lamb in flour mixture. Rest until damp, then coat again.
4. Toss pumpkin and potatoes with olive oil, garlic, salt and pepper.
5. Roast at 200°C for 25–35 minutes until golden and tender.
6. Steam broccoli until just tender.
7. Deep-fry schnitzel until golden, crisp and cooked through. Drain.
8. Serve with roasted pumpkin, potatoes and broccoli.

Storage: Refrigerate up to 2 days.
Allergens: Milk (buttermilk).

Southern Fried Buttermilk Lamb

Crispy lamb with chips, asparagus and fresh salad.



Serves 1 | Prep 25 min | Cook 25 min | Marinate 2 hrs

Ingredients

150g lamb, flattened
½ cup buttermilk
½ tsp dried rosemary
½ tsp mixed herbs
1 cup cornflour
1 cup rice flour
1 tsp onion powder
1 tsp baking powder (GF)
½ tsp dried parsley
½ tsp dried rosemary
Salt & pepper
4 potato, skin on
1 asparagus spears
1 tsp butter
1 garlic clove, crushed
Fresh parsley
Oil for deep-frying
Spinach, tomato & cucumber
Red & green onion
Olive oil & lemon juice
Lemon mayonnaise

Method

1. Marinate lamb in buttermilk, rosemary and mixed herbs for 2 hours.
2. Mix flours, baking powder, garlic, onion, parsley, rosemary, salt and pepper.
3. Coat lamb well. Rest until flour becomes damp, then coat again for extra crunch.
4. Cut potato into chips. Microwave until just softened. Drain and set aside.
5. Mix spinach, tomato, cucumber and onions.
6. Mix lemon mayonnaise with a little garlic for the dipping sauce.
7. Deep-fry lamb until golden, crisp and cooked through. Drain.
8. Deep-fry chips until golden. Drain and season.
9. Pan-fry asparagus in butter, garlic and parsley.
10. Serve lamb with chips, asparagus, salad and dipping sauce.

Storage: Refrigerate up to 2 days.
Allergens: Milk, egg (mayonnaise).

Italian Herb Lamb Salad

Tender lamb with fresh greens, olives and feta.



Serves 2 | Prep 15 min | Cook 10 min

Ingredients

200g lamb stir-fry strips
1 tbsp olive oil
1 tsp lemon juice
1 garlic clove, crushed
1 tsp Italian herbs
Salt & pepper
2 handfuls fresh spinach
½ cucumber, sliced
½ red onion, finely sliced
½ cup olives, sliced
50g feta cheese, crumbled

Dressing

1 tbsp olive oil
1 tbsp balsamic vinegar
1 tsp lemon juice
½ garlic clove, crushed

Method

1. Toss lamb with olive oil, lemon juice, garlic, Italian herbs, salt and pepper.
2. Heat a frying pan and cook. Stir-fry lamb until browned and cooked through.
3. Arrange spinach, cucumber, red onion and olives on serving plates.
4. Whisk dressing ingredients together.
5. Spoon warm lamb over salad.
6. Sprinkle with crumbled feta.
7. Drizzle with balsamic dressing and serve.

Storage: Refrigerate up to 2 days.
Allergens: Milk (feta).

Homemade Lamb Kebabs

Italian-herb lamb wraps with fresh salad and tzatziki.



Serves 2 | Prep 15 min | Cook 10 min

Ingredients

200g lamb stir-fry strips
2 large wraps
1 tbsp olive oil
1 tsp lemon juice
1 garlic clove, crushed
1 tsp Italian herbs
Salt & pepper
2 tbsp homemade tzatziki
Handful fresh spinach
1 tomato, sliced
½ onion, thinly sliced
¼ cup grated cheese
Oil for frying

Method

1. Toss lamb with olive oil, lemon, garlic, Italian herbs, salt and pepper.
2. Heat a frying pan until hot. Add a little oil and stir-fry lamb until browned and cooked through.
3. Warm wraps in a dry frying pan.
4. Spread each wrap with homemade tzatziki.
5. Add spinach, tomato, onion and grated cheese.
6. Divide lamb between wraps and drizzle with extra tzatziki.
7. Fold tightly and serve warm.

Storage: Refrigerate leftovers up to 2 days.
Allergens: Milk, wheat (wraps).

Mocorrcan Lamb Kebabs

Tender Moroccan-spiced lamb kebabs with buttery spring vegetables, crispy beetroot strips and a fresh burst of orange.



Serves 2 | Prep 20 min | Cook 20 min

Ingredients

4 lamb kebabs, 80g each
Moroccan seasoning, to coat
Olive oil
Orange juice & zest
Fresh mint
Salt & cracked black pepper
Broccoli florets
Cauliflower florets
1 carrot, sliced
1 onion, sliced
1 beetroot, thinly sliced
Butter & olive oil
Garlic, minced
Salt & pepper
Oil for deep-frying
Orange slices & fresh parsley

Method

1. Coat kebabs in Moroccan seasoning, salt and pepper.
2. Pan-fry in olive oil, turning until cooked through. Add orange juice, zest and mint.
3. Cut beetroot into thin strips. Deep-fry until crisp and drain.
4. Stir-fry onion and carrot in butter and oil until softened.
5. Add broccoli, cauliflower, garlic, salt and pepper. Cook until tender-crisp.
6. Toss crispy beetroot through vegetables just before serving.
7. Plate vegetables with kebabs. Garnish with orange and parsley.

Storage: Fridge up to 2 days. Best eaten fresh.
Allergens: Milk (butter).

Lamb & Mango Rogan Josh Curry

Tender lamb in a rich, mildly sweet mango curry.



Serves 2 | Prep 10 min | Cook 35–40 min

Ingredients

150g lamb, diced
2 frozen mango halves, sliced
1 onion, sliced
1 garlic clove, crushed
1 red chilli, chopped
2 tbsp Rogan Josh curry paste
1 tbsp oil
1 cup water
Salt & cracked black pepper
1 cup uncooked rice

Method

1. Cook rice according to packet directions.
2. Heat oil in a pan. Fry onion until softened.
3. Add lamb, garlic and chilli. Cook until browned.
4. Add mango slices and fry briefly to combine flavours.
5. Stir in Rogan Josh paste, then add 1 cup water.
6. Reduce to low-medium heat. Cover and simmer for 25–30 minutes, until lamb is tender.
7. If too thick, add water. If too thin, simmer uncovered until reduced.
8. Taste and adjust seasoning. Serve over rice.

Storage: Refrigerate up to 2 days.
Allergens: Check Rogan Josh paste.

Summer Roast Lamb

Served with Fresh Roasted Vegies



Serves 2-4 | Prep 15 mins | Cook 50–60 mins

Ingredients

850 g lamb bolar blade, removed from a whole leg of lamb and butterflied
1 tsp garlic
1 tsp fresh mint
1 tsp rosemary
2 tsp honey
Pinch of salt
Pepper, to taste

Vegetables - Serves 2
1 whole parsnip, cut into chips
4 baby carrots, cut lengthways
1 baby beetroot, sliced
1 whole onion, cut into wedges
1 tsp Italian herbs
Drizzle of rendered lamb fat
Water spinach leaves

Method

1. Lay the butterflied bolar blade flat. Spread over the garlic, mint, rosemary and honey. Season with a pinch of salt and pepper to taste.
2. Roll the lamb up and truss securely with cooking twine into an even-sized roast. Keeping the roast an even thickness helps it cook evenly throughout.
3. Place the parsnip, carrots, beetroot and onion into a roasting tray. If serving 4, add the potatoes.
4. Sprinkle the vegetables with Italian herbs, drizzle with rendered lamb fat and toss to coat.
5. Roast the lamb and vegetables until the lamb is cooked to your liking and the vegetables are golden and tender.
6. Add the water spinach leaves for approximately the last 10 minutes of cooking.
7. Rest the lamb before removing the cooking twine and slicing.

Storage: Refrigerate leftovers up to 3 days.
Allergens: None listed.