



Pantrix

Welcome back,

This month I have lots more news to share so I hope you enjoy the read.



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Mediterranean Chicken Stir Fry

Fresh Mediterranean flavours on cheesy garlic mash.

This is one of my favourite meals from our Whole Chicken Challenge. It's packed with flavour, quick to make and so versatile – all for around \$2.50 a serve.



Only
\$2.50
per serve

Serves: 2 | Prep: 10 min | Cook: 20 min

Ingredients

- 100 g chicken
- ½ carrot
- ½ cup spinach
- 2 mushrooms
- ¼ capsicum
- 6 olives
- 10 capers
- 1 spring onion
- Chilli, to taste
- Garlic
- 1 tsp oil
- 1 tsp butter
- A little oil from the sun-dried tomatoes
- Salt & pepper



Method

- 1 Prepare the Cheesy Garlic Mash using the recipe on the next page.
- 2 Heat the oil and butter in a frying pan. Start with the carrot, then add the garlic and chicken.
- 3 Stir-fry until the chicken is nearly cooked, then add the mushrooms, capsicum, olives, capers, spinach and chilli. Add a little sun-dried tomato oil for extra flavour and season.
- 4 Spoon the Cheesy Garlic Mash onto the plates and pile the Mediterranean chicken and vegetables over the top.
- 5 Finish with grated cheese, spring onion and cracked pepper.



USE WHAT YOU HAVE

Use the vegetables you have, make it your own – you may surprise yourself.

Ideas create ideas.



My reminder of the week

When life gets too much, cry, scream, fold up under a blanket or smash a boxing bag, what ever works for you – let it out.

Have a warm shower and get a good night sleep, leave it in the past and when you wake up take one small step in a different direction, solve one issue at a time and don't let the stress of life take over.



Story of the month 

Discover Your Taste Buds – And Your Body

Have you ever followed a recipe exactly, taken that first mouthful, and thought, something's missing?

A recipe is a guide. Your taste buds are what make it yours.

When I search and adapt a recipe, I make it my own. I experiment, I taste, I adjust – and somewhere along the way, that recipe becomes mine.

I've come to realise that discovering what works for my body is much the same. Diet is a little like discovering your taste buds. What works for someone else may not work for you.

Learning to cook, adapt and grow not only saves you money, it helps you build a pantry and fridge filled with foods you and your body love.

Most of the time we focus on what we hear and see. But often, the answers for you are already inside. 

Food knowledge is power.
One meal at a time.

Coming up on page 3 

The Whole Chicken Story

See what one \$12.45 chicken can do. 



Food story of the month

The Never-Ending Bloody Chicken!

See what one \$12.45 chicken can do.

For years, whether cooking at home or working in commercial kitchens, I've been batch cooking. So when I took on my Whole Chicken Challenge, I thought I'd have it finished in no time.

Well, I was wrong! There's only so much food one person can eat, and this bloody chicken just keeps on giving!

I started with one whole chicken weighing 2.767 kg, costing just \$12.45. The idea was simple: break it down, control my portions and see just how far I could stretch it.

What I hadn't really focused on before was doing this at home, for myself, while writing the book and creating every recipe along the way.

And a funny thing has happened. With all this portion control, my weight is coming down. That's a bonus I wasn't expecting!

Today I cooked meal number 10. Not my finest effort, I'll admit. A little equipment failure along the way, but that's real cooking for you. Not every meal is going to be perfect.

With the legs and carcass still to go, I reckon this never-ending chicken will give me 12 meals, each feeding two people. That's 24 individual servings from one \$12.45 chicken!

Now, don't get too excited. That's the cost of the chicken, not the finished meals. Once you add your vegetables, sauces, rice, pasta and everything else, the cost goes up.

But that's what the Pantry Challenge is all about. Learning to use what you've already bought, controlling your portions, getting creative and making your ingredients go further.

And believe me, I've had to get creative with this one!

Fancy giving the challenge a go yourself?



What this challenge was about

- 1 Break it down and use it all**
Learn how to portion a whole chicken and get the most from every part.
- 2 Discover just how far it can stretch**
Even I was surprised at how many meals one chicken could become, and how creative I had to get!
- 3 Real food, real life**
It's not about perfection — it's about making your food go further, controlling portions and finding new favourite meals.



Tips from Pantrix



Break it down the right way
(see Butcher's Corner).



Use every part
Stock, soups, stir-fries, bakes and more.



Get creative with leftovers
Turn one meal into something new.

A little food for thought



Use what you have on hand.
You might surprise yourself.



Control your portions.
Make it go further and waste less.



Plan a little, save a lot.
Good food doesn't have to be expensive.



Ideas create ideas.
Try something new and see where it leads.



Our affiliate program

If you love food, you can cook, create, promote and earn with Pantrix.



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Cook. Create. Promote. Earn.

Share what you love. Help others. Earn while you do it.



Earn 40% commission promoting Pantrix Pantry Challenge cookbooks.



Food lovers, home cooks, content creators and anyone passionate is promoting Pantrix can join.



You don't need a big audience — just a genuine interest in making the most of the food you already have.

Good food brings people together. ♥

How it works



1

Register



2

Get approved



3

Receive your tracked links



4

Create content and earn.



Your potential earnings 1/

Volume 1: A\$14.95 — You earn **A\$5.98**

Volume 2: A\$14.95 — You earn **A\$5.98**

Bundle: A\$24.95 — You earn **A\$9.98**



A quick note

Eligible ingredients used for content create may be tax-deductible. Keep your receipts and check in with your accountant. Personal expenses are not automatically deductible.

Our Story

Pantrix started with Cook & Sip — sharing real food, real stories and real conversations.

This grew into Pantry Challenge, a cookbook series built on one simple belief: **every meal matters.**

Now we're building Pantrix — a practical food system that helps households cook with what they have, waste less, save money and feel more confident in the kitchen.

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

Food knowledge is power.

One meal at a time. ♥



Thank you for your support. ♥

Spread the word, share the love — if you know someone Pantrix could help, send them our way.

Thank you for supporting Pantrix.



Good Food Brighter Days ♥