

CREAMY BUTTER CHICKEN WITH RICE

Used pantry value: NZ\$17.30

Per portion: NZ\$4.32 for 4 serves, or NZ\$3.46 for 5 serves.

Ingredients:

- 500g Chicken breast – (\$6.00)
- 2 tablespoons (30g) Value Butter – (\$0.50)
- 1 large onion, finely chopped – (\$0.36)
- 2 Tbl (30g) Garlic & Ginger mince– (\$0.65)
- 1 can (400g) Crushed Tomatoes – (\$1.29)
- 1/2 cup (125g) Greek-Style Yogurt – (\$1.20)
- 1/2 cup (125g) Full Cream Milk – (\$1.30) (*instead of heavy cream*)
- 2 Tbl (125g) Mild Curry Powder – (\$0.80)
- 1 Pack (10g) Mixed Herbs – (\$1.59)
- 25g Fresh coriander, chopped – (\$1.25)
- 3 Cups (Uncooked) Basmati Rice – (\$1.10)
- Salt to taste
- 1/2 Tbl ground black pepper
- 1 Tbl Oil

Instructions:

1. Heat 1 tablespoon butter and 1 tbl oil in a large pan over medium heat.
2. Add and sauté onions until golden brown (about 5 minutes)
3. Add garlic and ginger and cook for 2 minutes until fragrant.
4. Add the chicken and cook until browned and no longer pink inside (about 6-7 minutes).
5. Add mild curry powder, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Nix well.
6. Stir in crushed tomatoes and mixed herbs. Simmer for 10 minutes, stirring occasionally until thickened.
7. Lower the heat and stir in yogurt and milk until smooth.
8. Simmer on low heat for 8-10 minutes until the chicken is tender.
9. Season with Salt to taste and add all the pepper. Taste and adjust seasoning if needed.
10. Garnish with coriander
11. Serve with cooked rice & Enjoy!

CHICKEN FRIED RICE

Used pantry value: **NZ\$15.05**

Per portion: **NZ\$3.76** for 4 serves, or **NZ\$3.01** for 5 serves.

Ingredients:

- 3 cups uncooked rice, preferably cooked, leftover and chilled – (\$2.50)
- 500g Chicken breasts, diced – (\$5.94)
- 2 cups Frozen mixed vegetables – (\$1.65)
- 4 Eggs, lightly beaten – (\$2.00)
- 4 Tbl Soy sauce – (\$1.68)
- 2 Tbl Oyster sauce – (\$0.23)
- 1 Tbl Sesame oil – (\$0.49)
- 2 Tbl Garlic & Ginger Mince (\$0.65)
- Spring onions, chopped for garnish – (\$1.00)
- Salt and pepper to taste
- 4 tablespoons vegetable oil

Instructions:

1. Heat 2 tablespoons of oil in a large pan or wok over medium-high heat.
2. Add the chicken and season with salt and pepper. Cook until browned and cooked through.
3. Add the remaining oil, garlic, and ginger. Sauté for about 30 seconds.
4. Increase the heat to high, add the mixed vegetables, and stir-fry for 2 minutes.
5. Add the chilled cooked rice, soy sauce, oyster sauce, and sesame oil. Stir well to combine and cook until the rice is hot.
6. Part the mix and break eggs into the pan. Scramble them till cooked.
7. Mix everything together
8. Adjust seasoning if necessary.
9. Serve hot, garnished with spring onions.

CHINESE CHOP SUEY

Used pantry value: **NZ\$17.02**

Per portion: **NZ\$4.26** for 4 serves, or **NZ\$3.40** for 5 serves.

Ingredients

- 2500g Rice Noodles Vermichelli – (\$2.79)
- 250g Chopped Streaky Bacon – (\$5.99)
- 2 tbl Onion Powder – (\$1.50)
- 2 tbl Garlic & Ginger mix – (\$0.65)
- 2 tbl Soy sauce – (\$3.00)
- ½ cup Chicken stock - (\$0.30)
- 2 tsp Sesame oil – (\$1.00)
- 2 cups Mixed frozen veg – (\$1.65)
- 1 can (drained) Baby Corn – (\$2.69)
- Spring onions, chopped for garnish – (\$1.00)
- Pantry: 2 tbl veg oil, salt and pepper

Instructions:

1. Cook the rice noodles according to the instructions on the pack. Then set aside.
2. Heat the oil in a large pan, over a medium heat.
3. Chop the bacon up and fry it in the oil. You are creating flavour in the oil.
4. When the bacon starts to get crispy, add the onion powder and garlic ginger mix and cook for 5 mins till the onions soften. You are building more flavour.
5. Next add the frozen veg and the baby corn. Sauté for 2 mins.
6. Add the soy sauce, chicken stock, sesame oil, and noodles and let the pot simmer for 3 minutes. You want to leave some liquid in the pan.
7. Sprinkle with spring onion to serve
8. Season with salt and pepper to taste

***NOTE: Remove the bacon, and replace the chicken stock with vege stock, to make the dish vegan.**

ONE-PAN CREAMY CHICKEN & VEG RICE POT

Used pantry value: NZ\$11.86

Per portion: NZ\$2.96 for 4 serves, or NZ\$2.37 for 5 serves.

Ingredients

- 500g chicken (breast or thighs), diced
- 1 onion, chopped
- 2 tbsp garlic & ginger mince
- 2 cups uncooked rice
- 2 cups mixed frozen vegetables
- 1 cup chicken stock
- 1 cup milk
- 2 tbsp butter
- 1 tbsp oil
- Salt & black pepper

Optional (1 add):

- Grated cheese (*finish*)

Instructions

- 1. Brown Chicken:**
 - Heat oil + 1 tbsp butter in a deep pan
 - Add chicken, season, cook till lightly golden
 - Remove and set aside
- 2. Build Flavour**
 - Same pan → add onion, cook till soft
 - Add garlic & ginger → 30–60 sec
- 3. Load the Pot**
 - Add rice → stir and lightly toast
 - Add frozen veg
 - Pour in stock + milk
- 4. Bring It Together**
 - Return chicken
 - Stir once
- 5. Absorb**
 - Lid on → low heat → 12–15 mins
 - Turn heat off → rest 5 mins (lid on)
- 6. Finish**
 - Stir through remaining butter
 - Add cheese (optional)
 - Season properly

Pack Size Conversion + Basket Cost

Based on Pak n Save Prices on 12 Apr 2026

Ingredient	Recipe Total	Recipe Unit	Normalized Qty	Buy Unit	Pack Size	Pack Price (NZD)	Packs to Buy	Basket Cost (NZD)	Notes
Chicken breast	1500	g	1500	g	1000	\$13.49	2	\$26.98	
Long grain / Jasmine rice	5	cups	1000	g	1000	\$2.69	1	\$2.69	1 cup uncooked rice = 200g.
Basmati rice	3	cups	600	g	1000	\$3.69	1	\$3.69	1 cup uncooked rice = 200g.
Rice noodles (vermicelli)	250	g	250	g	250	\$2.79	1	\$2.29	
Fresh onions	2	each	2	each	1	\$0.36	2	\$0.72	
Garlic & ginger mince	8	tbsp	120	g	185	\$2.99	1	\$2.99	1 tbsp = 15g.
Mixed frozen vegetables	6	cups	1500	g	1000	\$3.29	2	\$6.58	1 cup aligned to 250g based on recipe costing.
Chicken stock cubes / liquid stock	1.5	cups	2	cube equivalent	12	\$3.59	1	\$3.59	1 cup treated as ~1 stock serve; sold as 12-pack box.
Milk	1.5	cups	750	ml	1000	\$3.04	1	\$3.04	1 cup = 250ml. Pantry list shows 1kg pack pricing.
Butter	4	tbsp	60	g	500	\$7.19	1	\$7.19	1 tbsp = 15g.
Vegetable oil	8	tbsp	120	ml	500	\$1.79	1	\$2.89	1 tbsp = 15ml.
Crushed tomatoes	1	cans	1	can	1	\$1.29	1	\$1.29	400g can.
Greek-style yogurt	0.5	cups	125	g	250	\$3.39	1	\$3.39	1 cup = 250g.
Mild curry powder	2	tbsp	27	g	100	\$2.99	1	\$2.99	Approx 13.5g per tbsp, aligned to pantry pricing.
Mixed herbs	1	packs	10	g	10	\$1.59	1	\$1.99	Recipe uses a full 10g pack.
Fresh coriander	25	g	25	g	100	\$4.99	1	\$4.99	100g bunch price from pantry list.
Soy sauce	6	tbsp	90	ml	550	\$3.59	1	\$3.59	1 tbsp = 15ml.
Oyster sauce	2	tbsp	30	ml	250	\$3.89	1	\$3.89	1 tbsp = 15ml.
Sesame oil	5	tsp	25	ml	185	\$6.09	1	\$6.09	1 tsp = 5ml.
Eggs	4	each	4	each	30	\$14.99	1	\$14.99	Sold as 30-pack.
Spring onions	1	bunch	1	bunch	1	\$2.00	1	\$2.00	Each recipe garnish cost implies ~1/2 bunch.
Streaky bacon	250	g	250	g	250	\$5.99	1	\$5.99	250g pack.
Onion powder	2	tbsp	30	g	40	\$1.99	1	\$1.99	2 tbsp recipe amount aligns to ~30g.
Baby corn	1	cans	1	can	1	\$2.69	1	\$2.69	Priced per 425g can from pantry deal.
Salt	1	pack suggested	1	pack	1	\$1.49	1	\$1.49	1 pack suggested if starting from zero pantry.
Ground black pepper	1	pack suggested	1	pack	1	\$2.99	1	\$2.99	1 pack suggested if starting from zero pantry.

Known Basket Total

\$123.01