

# CREAMY BUTTER CHICKEN WITH RICE

**\$16.04 for 4 portions with leftovers!!**

*\*\*The ingredients are selected based on availability and pricing at supermarket as of 5<sup>th</sup> Feb 2026*

## 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. Marinate the Chicken - In a bowl, mix the chicken pieces with 1 tablespoon mild curry powder, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Set aside to marinate while preparing the sauce.
  2. Cook the Chicken - Heat 1 tablespoon butter in a large pan over medium heat. Add the marinated chicken and cook until browned and no longer pink inside (about 6-7 minutes). Remove chicken from the pan and set aside.
  3. Make the Sauce - In the same pan, add 1 tablespoon oil and sauté onions until golden brown (about 5 minutes).
  4. Add garlic and ginger and cook for 2 minutes until fragrant.
  5. Build the Flavors - Stir in crushed tomatoes, remaining 1 tablespoon curry powder, sugar, and mixed herbs. Simmer for 10 minutes, stirring occasionally until thickened.
  6. Make It Creamy - Lower the heat and stir in yogurt and milk until smooth. Simmer for 3 minutes to blend flavours.
  7. Bring It Together - Return the cooked chicken (along with any juices) to the sauce. Simmer on low heat for 8-10 minutes until the chicken is tender.
  8. Season with Salt to taste and add all the pepper. Taste and adjust seasoning if needed.
1. Garnish with coriander
  2. Serve with cooked rice & Enjoy!

# CHICKEN FRIED RICE

**\$16.14 for 4 portions with leftovers!**

*\*\*The ingredients are selected based on availability and pricing at supermarket as of 5<sup>th</sup> Feb 2026*

## 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. Set aside.
3. In the same pan, add another tablespoon of oil and scramble the eggs. Once cooked, set aside with the chicken.
4. Add the remaining oil, garlic, and ginger. Sauté for about 30 seconds.
5. Increase the heat to high, add the mixed vegetables, and stir-fry for 2 minutes.
6. Add the chilled cooked rice, soy sauce, oyster sauce, and sesame oil. Stir well to combine and cook until the rice is hot.
7. Return the chicken and eggs to the pan. Mix well and cook for another 2 minutes.
8. Adjust seasoning if necessary.
9. Serve hot, garnished with spring onions.

# CHINESE CHOP SUEY

**\$20.57 for 4 portions with leftovers!**

*\*\*The ingredients are selected based on availability and pricing at supermarket as of 5<sup>th</sup> Feb 2026*

## Ingredients

- 600g Rice Noodles Vermichelli – (\$2.79)
- 250g Chopped Streaky Bacon – (\$5.99)
- 2 tbl Onion Powder – (\$1.50)
- 2 tbl Garlic & Ginger mix – (\$0.65)
- 1 cup Soy sauce – (\$3.00)
- 1 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 HAINANESE CHICKEN RICE

**\$17.08 for 4 portions with leftovers!**

*\*\*The ingredients are selected based on availability and pricing at supermarket as of 5<sup>th</sup> Feb 2026*

## Ingredients

- **For the Chicken and Stock:**
  - 6 bone-in Chicken thighs (frozen)- (\$11.04)
  - 1 Tbl Ginger-garlic pre-mix – (\$0.32)
  - 3 spring onions, cut into 2-inch pieces – (\$1.00)
  - 1 Tbl Soy sauce – (\$0.10)
  - 1 Tbl Sesame oil – (\$0.50)
  - 1.5 litre water
  - 1 teaspoon salt
- **For the Rice:**
  - 2 cups Jasmine rice, rinsed and drained – (\$1.00)
  - 2 cups Chicken stock (from cooking the chicken) – (\$0.60)
  - 1 Tbl ginger-garlic pre-mix – (\$0.32)
  - 1 Tsp sesame oil – (\$0.25)
- **For the Sauces:**
  - **Ginger-Garlic Sauce:** 2 tablespoons ginger-garlic pre-mix, 1 tablespoon vegetable oil, salt to taste – (\$0.65)
  - **Soy Dipping Sauce:** 2 tablespoons soy sauce, 1 teaspoon sugar, 1 teaspoon sesame oil – (\$0.45)
  - **Chili Sauce:** 2 tablespoons sriracha or chili sauce, 1 tablespoon lime juice, 1 teaspoon sugar – (\$0.85)

## Instructions

1. **Prepare the Chicken and Stock:**
  - In a pan/pot, add the water, ginger-garlic pre-mix, spring onions, salt, and chicken pieces. Bring to a boil, then reduce heat to a gentle simmer. Cook for 25-30 minutes or until the chicken is tender and fully cooked.
  - Remove the chicken from the pot and set aside. Brush with soy sauce and sesame oil for added flavour and to keep the skin moist.
  - Reserve the cooking liquid (stock) to flavour the rice and serve as a soup.
2. **Prepare the Rice:**
  - In a rice cooker, add the rinsed jasmine rice, ginger-garlic pre-mix, and 2 cups of the reserved chicken stock.
  - Cook according to your rice cooker instructions until the rice is fluffy and aromatic.
3. **Prepare the Sauces:**
  - **Ginger-Garlic Sauce:** In a small bowl, mix the ginger-garlic pre-mix with vegetable oil and a pinch of salt.
  - **Soy Dipping Sauce:** Combine soy sauce, sugar, sesame oil, and chili slices (if desired).
  - **Chili Sauce:** Mix sriracha, lime juice, and sugar until well combined.
4. **Serve:**
  - Arrange the chicken pieces on a serving plate. Serve with the fragrant rice on the side, garnished with cucumber slices.
  - Pour the remaining chicken stock into bowls as a light soup and garnish with fresh coriander or spring onions if desired. Serve with the dipping sauces.

# PANTRY MASTER LIST

		Pack Price	Pack Weight	Unit Price	Unit Grams
 DRY / GRAINS					
Longgrain / Jasmine rice		\$ 9.69	5kg	0.19	100
Basmati rice		\$ 3.29	1kg	0.33	100
Rice noodles (vermicelli)		\$ 2.79	250g	1.12	100
 SAUCES & CONDIMENTS					
Soy sauce (reduced salt)		\$ 3.59	550ml	0.65	100
Oyster sauce		\$ 3.89	250ml	1.56	100
Sesame oil		\$ 6.09	185ml	3.29	100
Sriracha / chilli sauce		\$ 4.99	515g	0.97	100
Lime juice		\$ 3.69	250ml	1.48	100
Sugar		\$ 1.99	1kg	0.2	100
Salt		\$ 1.49	1kg	0.1	100
Ground black pepper					
 COOKING FATS					
Vegetable oil		\$ 1.79	500ml	0.36	100
Butter		\$ 7.19	500g	1.44	100
 SPICES & SEASONING					
Mild curry powder		\$ 2.99	100g	0.3	10
Mixed herbs		\$ 1.59	10g	1.59	10
Onion powder		\$ 1.99	40g	0.5	10
 AROMATICS					
Garlic & ginger mince (jar)		\$ 3.39	185g	0.4	18.5
Fresh onions		\$ 0.36	each		
Spring onions		\$ 2.00	bunch		
 PROTEINS					
Chicken thighs (bone-in)	17 in a bag	\$ 31.28	4kg	1.84	per piece
Chicken breast		\$ 11.88	1kg	5.94	500
Eggs		\$ 14.99	30pk	0.5	each
Streaky bacon		\$ 5.99	250g		
 VEGETABLES / CANNED					
Mixed frozen vegetables		\$ 3.29	1kg	0.33	100
Baby corn (canned)	Buy 2	\$ 5.38	850	\$ 2.69	425
Crushed tomatoes	per can	\$ 1.29	400g		
Cucumber		\$ 2.88	each		
Fresh coriander		\$ 4.99	100g		
 DAIRY					
Milk		\$ 11.29	1kg	1.13	100
Greek-style yoghurt	2 x 125 pack	\$ 3.39	250g	1.01	100
 STOCK					
Chicken stock cubes / liquid stock	12 in a box	\$ 3.59	71g	0.30	each
	TOTAL	\$ 163.04			