



week  
119

# ALDI MEAL PLAN

5 Dinners  
with shopping list

*Savvy* Bites





# Meal Plan 119- Prep Sheet



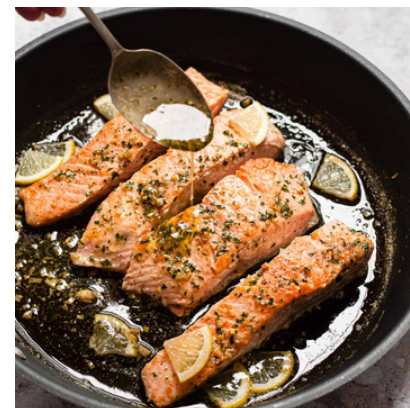
**Air Fryer  
Chicken Thighs**



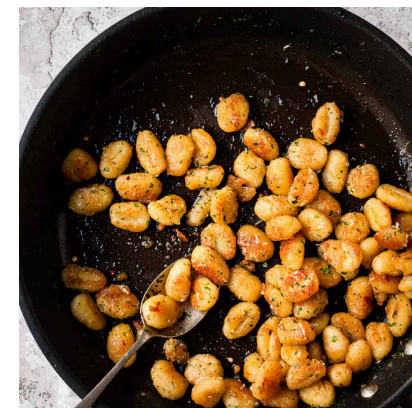
**Creamy Spinach  
Ricotta Pasta**



**Easy Pork  
Curry**



**Pan Fried Garlic  
Herb Salmon**



**Crispy Potato  
Gnocchi**

## Air fryer Chicken Thighs

### Quick Tips

- Pat the chicken thighs dry with paper towels before seasoning. Removing excess moisture helps to achieve a crispy exterior.

### What to do with leftovers

- Store the cooled chicken thighs in an airtight container or resealable plastic bag in the refrigerator for up to 3-4 days.

## Creamy Spinach Ricotta Pasta

### Quick Tips

- Use fresh baby spinach for a vibrant color and tender texture. If using frozen spinach, thaw and drain it thoroughly before adding it to the pasta.

### What to do with leftovers

- Store any leftovers in an airtight container in the refrigerator for up to 2-3 days.

## Easy Pork Curry

### Quick Tips

- Cut the pork into uniform-sized pieces to ensure even cooking.

### What to do with leftovers

- Reheat gently in a saucepan over low heat, stirring occasionally to avoid burning.

## Pan Fried Garlic Herb Salmon

### Quick Tips

- Season the salmon with salt and pepper before adding the garlic and herbs. This helps the flavours adhere to the fish.
- Use a hot skillet with oil to get a crispy sear on the salmon fillets.
- Squeeze some fresh lemon juice over the cooked salmon for a burst of acidity.

### What to do with leftovers

- To reheat without overcooking, warm the salmon gently in a skillet over low heat or briefly in the microwave.

## Crispy Potato Gnocchi

### Quick Tips

- Cook the gnocchi in a large pot of salted boiling water until they float to the surface. This ensures they are cooked through but still tender.
- After boiling, sauté the gnocchi in butter or olive oil to achieve a crispy texture.
- Add minced garlic, chopped herbs, and grated parmesan for extra flavour.

### What to do with leftovers

- Store any leftover cooked gnocchi in an airtight container in the refrigerator for 1-2 days.
- To reheat and regain crispiness, pan-fry the gnocchi in a skillet with a little oil or butter over medium heat until heated through and crispy again.

# Meal Plan 119- Shopping List

## Crispy Air Fryer Chicken

- 1 kg boneless skinless chicken thighs
- garlic granules
- dried oregano
- dried basil
- smoked paprika
- non-stick cooking spray

## Creamy Spinach Ricotta Pasta

- 500g dried spaghetti
- olive oil
- fresh garlic
- single cream
- full-fat ricotta
- grated parmesan
- fresh spinach
- 1 lemon
- pasta seasoning or your favourite spice blend
- chilli flakes
- 1 bunch fresh parsley

## Easy Pork Curry

- 500g pork fillet tenderloin
- olive oil
- brown onion
- fresh ginger
- fresh garlic
- ground turmeric
- yellow curry powder
- chilli powder
- 1 courgette
- fresh sweet corn (or frozen)
- smooth peanut butter
- soy sauce
- chilli powder
- coconut milk
- chilli flakes
- dry roasted peanuts
- fresh coriander and basil
- 1 lime

## Pan Fried Salmon

- 4 salmon fillets
- lemons
- olive oil
- butter
- fresh garlic
- 1 bunch fresh parsley

## Crispy Parmesan Gnocchi

- 500g gnocchi
- unsalted butter
- olive oil
- fresh garlic
- Parmesan or Grana Padano
- chilli flakes
- fresh parsley