week 123

ALDI MEAL PLAN

5 Dinners with shopping list

Savvy Bites

Meal Plan 123- Prep Sheet

Savvy Bites

Honey Chilli Chicken

Cajun Chicken Pasta

Easy Pork Curry

Baked Broccoli Gnocchi

Pork Yuk Sung Lettuce Wraps

Honey Chilli Chicken

Quick Tips

- This recipe is very quick and easy to make. Be sure that the frying oil is the correct temperature before you start cooking the chicken.

What to do with leftovers

- You can keep leftovers in the fridge for up to 3 days. This is best reheated on the stove top as the microwave will make it soggy.

Cajun Chicken Pasta

Quick Tips

- You can add more spice to this recipe by adding in extra chilli flakes.

What to do with leftovers

- Keep in the fridge for up to 3 days. Add a small splash of water when reheating to help thin out sauce. Not suitable for freezing.

Easy Pork Curry

Quick Tips

- This recipe is great for using up fresh vegetables. Add in extra courgettes, aubergines and peppers, or whatever you have on hand.

What to do with leftovers

- This recipe will keep well in the fridge for up to 3 days. Not suitable for freezing.

Baked Broccoli Gnocchi

Quick Tips

- This recipe is so simple that there is no real prep work to do. But feel free to add some chicken to this recipe.

What to do with leftovers

- Store in the fridge for up to 3 days. When reheating be sure to heat up gently so as not to split the sauce.

Pork Yuk Sung

Quick Tips

- You can use any type of mince for this recipe. Pork, chicken and turkey all work for this recipe.

What to do with leftovers

- Store leftover mince, lettuce and sauce separately.

.

Meal Plan 123- Shopping List

Honey Chilli Chicken

- [ ] 4 bonelsess skinless chicken breasts
- [ ] cornstarch
- [ ] vegetable oil
- [ ] sweet chilli sauce
- [ ] soy sauce (light or dark)
- [ ] 2 limes
- [ ] honey
- [ ] ginger
- [ ] garlic
- [ ] fresh red chillies
- [ ] spring onions
- [ ] 1 bunch coriander

Cajun Chicken Pasta

- [ ] Cajun spice
- [ ] 300g chicken breast
- [ ] fresh garlic
- [ ] 1 brown onion
- [ ] 1 x 400g tin chopped tomatoes
- [ ] 200ml single cream
- [ ] 1 lemon
- [ ] penne pasta
- [ ] fresh coriander
- [ ] parmesan cheese

Easy Pork Curry

- [ ] 500g pork fillet
- [ ] 1 brown onion
- [ ] fresh garlic
- [ ] fresh ginger
- [ ] ground turmeric
- [ ] yellow curry powder
- [ ] chilli powder
- [ ] 1 courgette
- [ ] 200g sweet corn (frozen. fresh/ tinned
- [ ] smooth peanut butter
- [ ] soy sauce (light or dark)
- [ ] 1 x 400ml tin coconut milk
- [ ] chilli flakes
- [ ] dry roasted peanuts
- [ ] 1 lime

Baked broccoli gnocchi

- [ ] 500g bag gnocchi
- [ ] olive oil
- [ ] 1 head broccoli
- [ ] 1 vegetable stock cube
- [ ] 125g cream cheese
- [ ] grated mozzarella

Pork yuk sung

- [ ] 500g pork mince
- [ ] 1 brown onion
- [ ] fresh ginger
- [ ] fresh garlic
- [ ] 1 large carrot
- [ ] 1 bell pepper (any colour)
- [ ] 1 lime
- [ ] Chinese 5 spice
- [ ] 120g black bean sauce
- [ ] light soy sauce
- [ ] dark soy sauce
- [ ] cider vinegar
- [ ] spring onions
- [ ] dry roasted peanuts
- [ ] 2 limes
- [ ] 1 round lettuce or baby gem
- [ ] fresh coriander
- [ ] grated cheddar
- [ ] smooth peanut butter
- [ ] soy sauce
- [ ] chilli sauce like Sriracha