



week
122

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 122- Prep Sheet



Thai Curry Meatballs



Easy 5 Bean Chilli



30 Minute Beef Stir Fry



Mushroom Stroganoff



Sausage Traybake

Thai Curry Meatballs

Quick Tips

- You can use mince turkey, chicken or pork for this recipe.
- Make the meatballs in advance and keep them in the freezer.

What to do with leftovers

- You can keep leftovers in the fridge for up to 3 days, or freeze for up to 2 months.

Easy 5 Bean Chilli

Quick Tips

- Make the most of fresh summer veggies and add in extra peppers, aubergine and fresh sweetcorn.

What to do with leftovers

- Keep in the fridge for up to 3 days or freeze for up to 3 months. This recipe is great for making ahead and freezing.

30 Minute Beef Stir Fry

Quick Tips

- Make a double batch of stir fry sauce to use at another time.
- Let the beef come to room temperature before frying to ensure the perfect medium rare.

What to do with leftovers

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

Mushroom Stroganoff

Quick Tips

- You can use any type of mushrooms for this recipe but if you can get cremini or chestnut mushrooms they will give the best flavour.

What to do with leftovers

- Store in the fridge for up to 3 days. Add a splash of water to the stroganoff to loosen the sauce when reheating.

Sausage Traybake

Quick Tips

- You can use any type of sausages for this recipe, but Lincolnshire or Cumberland work best.

What to do with leftovers

- Store the leftovers in an airtight container in the fridge for up to 3 days.

Meal Plan 122- Shopping List

Thai Curry Meatballs

- 500g turkey mince
- 1 bunch coriander & basil
- fresh garlic
- fresh ginger
- 1 small onion
- red Thai curry paste
- coconut milk
- 1 lime
- green onions
- chilli flakes

Mushroom Stroganoff

- 1 large onion
- fresh garlic
- 500g mushrooms
- fresh or dried thyme
- plain flour
- vegetable stock cube
- sour cream (full fat)
- dijon mustard
- paprika
- parsley
- For serving- pasta, rice or noodles

Sausage Tray Bake

- 6 sausages (any type)
- red onion
- fresh garlic
- cherry tomatoes
- 2 bell peppers (any colour)
- dried basil
- dried oregano
- chicken and steak seasoning
- mini potatoes
- chicken stock cube

Beef Stir Fry

- soy sauce (light or dark)
- honey
- sriracha or other chilli sauce
- fresh ginger
- fresh garlic
- 3 bell peppers
- 1 courgette
- 600g rump steak
- spring onions
- fresh basil

5 Bean Chilli

- 1 red onion
- fresh garlic
- 2 bell peppers
- 1 x 400g tin mixed beans
- 100g chargrilled peppers
- frozen sweetcorn
- 1 x 400g chopped tomatoes
- soy sauce
- vinegar
- ground cumin
- smoked paprika
- chilli powder
- ground cinnamon
- cocoa powder
- fresh coriander
- avocado
- sour cream
- grated cheddar