



week  
121

# ALDI MEAL PLAN

5 Dinners  
with shopping list

*Savvy* Bites 





# Meal Plan 121- Prep Sheet



**Peanut Butter  
Chicken**



**Vegetable Pasta  
Bake**



**Creamy  
Tomato Pasta**



**Easy  
Prawn Rice**



**Easy Crispy  
Chilli Chicken**

## Peanut Butter Chicken

### Quick Tips

- You can use boneless skinless chicken breast or thigh for this recipe.

### What to do with leftovers

- This chicken recipe makes great leftovers and even freezes well for up to 3 months.

## Vegetable Pasta Bake

### Quick Tips

- Use any seasonal vegetables in this recipe. Add in some broccoli, cauliflower or frozen peas for when you're in a pinch and the fridge is almost empty!

### What to do with leftovers

- Keep in the fridge for up to 3 days. This recipe can be frozen but the texture of the pasta changes slightly.

## Creamy Tomato Pasta

### Quick Tips

- You can use fresh cherry tomatoes instead of tinned for this recipe.

### What to do with leftovers

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

## Easy Prawn Rice

### Quick Tips

- This recipe is best enjoyed fresh.

### What to do with leftovers

- Not suitable for freezing.

## Easy Crispy Chilli Chicken

### Quick Tips

- This recipe also uses chicken breast but you can easily use chicken thighs. Buy a large value pack and make the peanut butter chicken as well.

### What to do with leftovers

- Store the leftovers in an airtight container in the fridge for up to 3 days.
- Reheat on the hob to keep the chicken as crispy as possible.

# Meal Plan 121- Shopping List

## Peanut Butter Chicken

- natural peanut butter
- 500g boneless skinless chicken breast
- fresh garlic
- hoisin sauce
- soy sauce
- sesame oil
- cornstarch
- sesame seeds (optional)
- green onions
- chopped peanuts (optional)

## Crispy Chilli Chicken

- 500g chicken breast
- corn starch
- soy sauce
- honey
- Srirach (or chilli) sauce
- soy sauce (dark or light)
- 1 lime
- fresh garlic
- fresh ginger
- basmati rice
- honey roasted peanuts
- spring onions
- fresh coriander
- red chilli pepper

## Vegetable Pasta Bake

- 300g rigatoni or other dried pasta
- red onion
- red pepper
- yellow pepper
- courgette (zucchini)
- baby spinach
- 1 x 400g tinned tomatoes
- cream (double or heavy)
- shredded mozzarella
- tomato puree
- dried oregano
- dried thyme
- strong cheddar

## Tomato Mascarpone Pasta

- 500g spaghetti
- 1 brown onion
- fresh garlic
- 400g tin cherry tomatoes
- vegetable stock cube
- 1 lemon
- mascarpone
- baby spinach
- parmesan cheese

## Prawn Rice

- fresh garlic cloves
- 1 brown onion
- 1 yellow pepper
- 1 red pepper
- 8 vine ripened tomatoes
- 200g frozen peas
- 275g frozen prawns
- paprika
- chilli powder
- basmati rice
- vegetable stock cube