



Week  
127

# ALDI MEAL PLAN

## 5 Dinners with shopping list

*Savvy* Bites 





# Meal Plan 127- Prep Sheet



**Easy Fish Pie with Mash**



**Cheesy Baked Gnocchi**



**Coconut Salmon Curry**



**15 Minute Turkey Stir Fry**



**Pork Yuk Sung (Lettuce Wraps)**

## Easy Fish Pie with Mash

### Quick Tips

- You can prepare the fish pie filling before hand and freeze for up to 3 months.
- Replace the mash potato topping with a puff pastry lid if you prefer.

### What to do with leftovers

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

## Cheesy Baked Gnocchi

### Quick Tips

- You can mix minced beef or leftover chicken into the sauce to add extra protein to the gnocchi dish.

### What to do with leftovers

- Keep in the fridge for up to 3 days. Not recommended for freezing as the texture will change.

## Coconut Salmon Curry

### Quick Tips

- Make extra portions of the dry spice rub and store for later. Use it on chicken or other seafood recipes.

### What to do with leftovers

- This recipe will keep well in the fridge for up to 2 days.

## 15 Minute Turkey Stir Fry

### Quick Tips

- This recipe is so quick and easy that there isn't much to prep before hand.

### What to do with leftovers

- Store in the fridge for up to 3 days, or in the freezer for up to 3 months.

## Pork Yuk Sung

### Quick Tips

- You can use turkey mince for this recipe as well. You can serve the filling hot or cold.

### What to do with leftovers

- Store leftovers (mince and lettuce) separately so that the lettuce doesn't go soggy.

# Meal Plan 127- Shopping List

## Easy Fish Pie

- 500g fish pie mix \*or use 200g salmon, 200g prawns, 500g white fish
- 1kg maris piper potatoes
- 100g butter
- 200ml cream
- 200ml milk
- 40g flour
- 150g cheddar cheese
- 1 bunch fresh parsley

## Cheesy Baked Gnocchi

- 500g potato gnocchi
- 30ml olive oil
- 1 medium onion
- 2 cloves garlic
- 500g passata (smooth tomato sauce)
- 250g ricotta
- 1 bunch fresh rosemary
- 1/2 bag (125g) baby spinach
- 140g fresh mozzarella
- 200g parmesan cheese

## 15 Minute Turkey Stir Fry

- 500g turkey mince
- vegetable oil
- 1 red onion
- 220g tenderstem or broccoli
- 120g teriyaki sauce
- 2 tablespoons Sriracha sauce
- dark or light soy sauce
- 1 lime
- 3 cloves garlic
- 1 1/2 tablespoons fresh ginger
- basmati rice
- honey roasted peanuts (optional)
- spring onions
- 1 bunch fresh coriander
- 1 red chilli

## Coconut Salmon Curry

- 500g salmon fillets
- brown sugar (or demerara)
- curry powder
- ground ginger
- garlic powder/ granules
- garlic cloves
- fresh ginger
- Thai red curry paste
- 1 x 400ml coconut milk
- soy sauce
- 1 lime
- 100g fresh spinach
- 1 bunch each fresh basil and coriander

## Pork Yuk Sung Lettuce Wraps

- 500g pork mince
- 1 medium onion
- fresh garlic
- fresh ginger
- 1 large carrot
- 1 bell pepper (any colour)
- 3 limes
- Chinese 5 Spice
- 120g black bean sauce
- light soy sauce
- dark soy sauce
- cider vinegar
- spring onions
- dry roasted peanuts
- 1 bunch coriander
- smooth peanut butter
- chilli sauce (eg. Sriracha)
- 1 round lettuce or baby gem