



week
129

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 129- Prep Sheet



Easy Pork Curry



15 Minute Beef Stir Fry



Easy Prawn Rice



Slow Cooker Moroccan Lamb



Broccoli Gnocchi Bake

Easy Pork Curry with Rice

Quick Tips

- You can use chicken for this recipe if you prefer.
- Add extra spices or chilli flakes to get more spice or even more bold flavour.

What to do with leftovers

- Leftovers with rice keep well in the fridge for 2-3 days.
- Leftovers without rice can be frozen for up to 1 month. The texture of the courgette will change slightly.

Beef Stir Fry

Quick Tips

- Let the steak come to room temperature for about 30 minutes before stir frying to ensure it cooks perfectly and stays tender.
- You can serve this stir fry with noodles if you prefer.

What to do with leftovers

- Keep in the fridge for up to 2 days. Not recommended for freezing as the texture will change.

Easy Prawn Rice

Quick Tips

- Add in some leftover chicken to make this like a true shortcut paella.

What to do with leftovers

- Leftover rice can be kept in the fridge for up to 3 days.
- Not recommended for freezing.

Moroccan Lamb

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.

Broccoli Gnocchi Bake

Quick Tips

- You can use butternut squash or sweet potato for this recipe in place of the broccoli.
- Use a different cheese like cheddar, or gouda for a different flavour.

What to do with leftovers

- Store leftovers can be stored in the fridge for up to 3 days.
- Or in the freezer for up to 3 months. Thaw in the fridge overnight.

Meal Plan 129- Shopping List

Pork Curry

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

Broccoli Gnocchi Bake

- 500g bag gnocchi
- 1 head broccoli (200g)
- 1 vegetable stock cube
- 125g cream cheese
- 200g grated mozzarella

Beef Stir Fry

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

Prawn Rice

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

Moroccan Lamb Tagine

- 600g diced lamb
- 1 yellow onion
- fresh garlic
- fresh ginger
- ground cumin
- ground coriander
- cinnamon
- paprika
- tomato puree
- beef stock cube
- 400g tin chopped tomatoes
- 400g tin chickpeas
- dried apricots
- dates
- honey
- 1 lemon
- Greek yoghurt
- flaked almonds
- fresh coriander
- pomegranate