

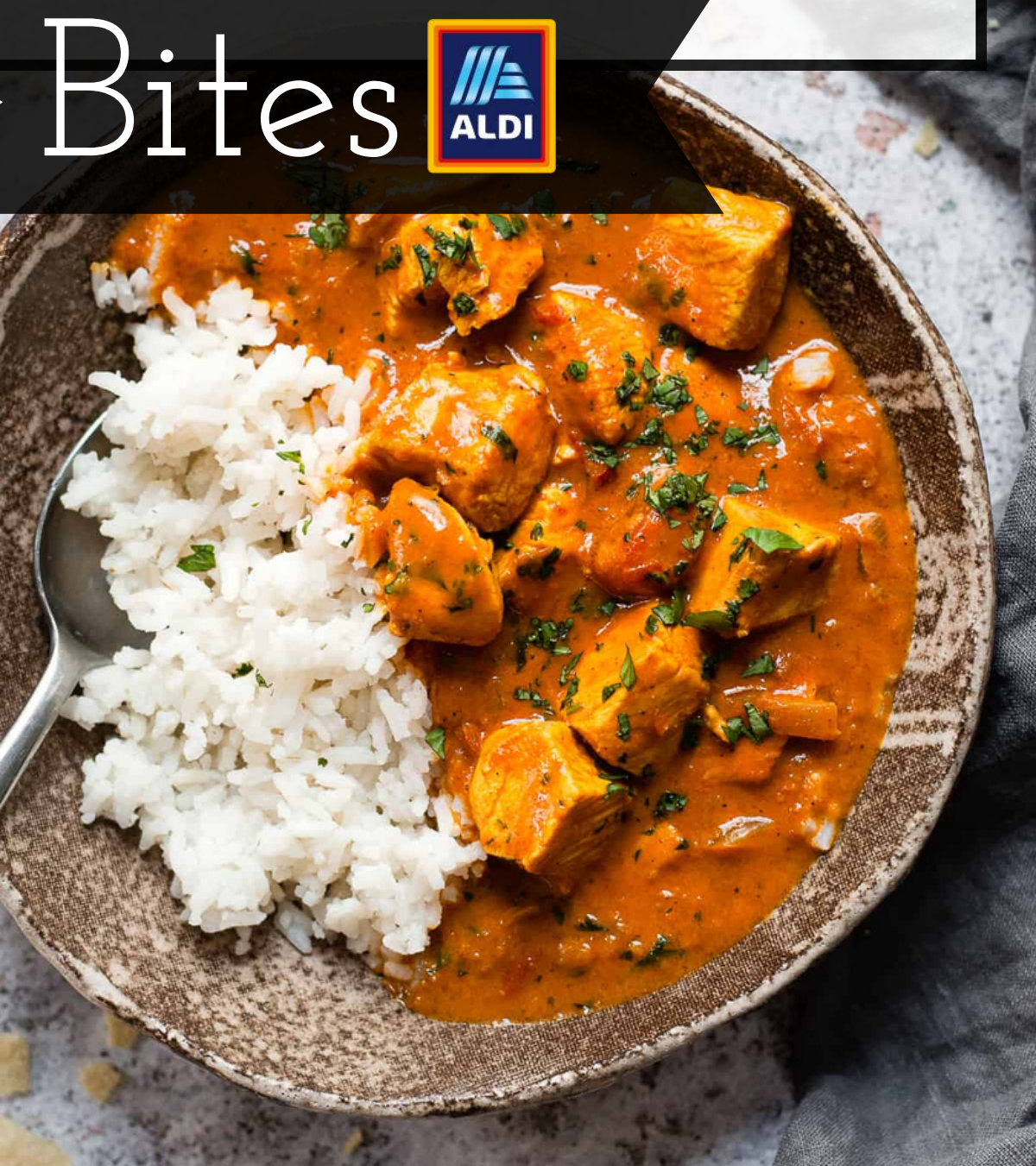


week
131

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 131- Prep Sheet



Butternut Squash Curry



Halloumi Tomato Pasta



Sticky Asian Meatballs



Beef and Ale Stew



Coconut Chicken Curry

Halloumi Pasta

Quick Tips

- **Salt Your Pasta Water:** Adding salt to the boiling water before cooking the pasta enhances the flavour.
- **Use Fresh Basil for Garnish:** Fresh basil not only adds a splash of colour but also provides a burst of flavour.

What to do with leftovers

- Store leftovers in an airtight container in the fridge for up to a day.

Sticky Asian Meatballs

Quick Tips

- **Use a Microplane for Garlic and Ginger:** Instead of mincing, use a microplane to grate garlic and ginger. This method releases more juices and flavour.

What to do with leftovers

- **Meatball Subs:** Slice open a baguette, add some leftover meatballs along with a spoonful of sauce, and garnish with sliced green onions or shredded carrots for a quick meatball sub.
- **Reinvent as Stir-fry:** Crumble the meatballs and stir-fry them with vegetables like bell peppers and snap peas. Add a bit of extra sauce or soy sauce to meld the flavours together.

Coconut Chicken curry

What to do with leftovers

- **Airtight Storage:** Store any leftovers in an airtight container in the fridge for up to 3-4 days.
- **Oven Reheating:** Reheat in on the stove top or in the microwave.

Butternut Squash Curry

Quick Tips

- **Roast the Squash:** For a sweeter, richer flavour, consider roasting the butternut squash before adding it to the curry.

What to do with leftovers

- **Stuffed Bell Peppers:** Hollow out bell peppers and fill them with the leftover curry. Bake until the peppers are tender.

Beef and Ale Stew

Quick tips

1. **Brown the Beef:** Make sure to brown the beef chunks before stewing. This caramelization adds depth of flavour to the final dish.
2. **Deglaze the Pan:** After browning the meat, deglaze the pan with a bit of ale to lift all the flavorful bits stuck to the pan.

What to do with leftovers

1. **Shepherd's Pie:** Use the leftover stew as a base for Shepherd's Pie. Just top with mashed potatoes and bake.
2. **Beef and Ale Pie:** Fill a pie crust with the stew, cover with another crust or puff pastry, and bake until golden.

Meal Plan 131- Shopping List

Halloumi Pasta

- 300g spaghetti (or pasta of your choice)
- 250g block of halloumi
- 1 x 400g tin cherry tomatoes (or use chopped)
- sun dried tomatoes (optional)
- roasted red peppers (from a jar)
- 1 lemon
- cream
- garlic and tomato seasoning (or fresh garlic)
- fresh basil
- fresh parsley

Butternut Squash Curry

- 1 brown onion
- fresh garlic
- 1 small butternut squash
- 1 x 400g tin chickpeas
- 1 x 400g tin chopped tomatoes
- 500g spinach
- 400g tin coconut milk
- ground cumin
- garam masala
- chilli powder
- maple syrup- optional
- shallots- optional

Asian Meatballs

- 680g pork (ground) mince
- 1 red onion
- fresh garlic
- fresh ginger
- white wine vinegar
- sesame oil
- honey
- chilli garlic sauce
- corn starch
- fresh coriander
- 1 large egg

Beef and Ale Stew

- 1 kg beef brisket
- 1 brown onion
- cloves garlic
- fresh rosemary
- fresh thyme
- 2 medium carrots
- 3 sticks celery
- flour
- tomato puree (tomato paste)
- dark ruby ale (or similar)
- beef stock cube
- Worcestershire sauce

Coconut Chicken Curry

- 500g boneless skinless chicken breast
- 1 brown onion
- fresh garlic
- fresh ginger
- tomato puree (paste)
- curry powder
- turmeric
- demerara sugar
- dark soy sauce
- 1 x 400g tin chopped tomatoes
- 1 x 400g tin coconut milk
- 1 bunch coriander
- 1 lime