



week
134

ALDI MEAL PLAN

5 Dinners
with shopping list

Savvy Bites 



Meal Plan 134- Prep Sheet



Sticky Korean Chicken



Chicken Pasta Bake



Prawn Tacos



Slow Cooker Cottage Pie



Meatballs In Tomato Sauce

Chicken Pasta Bake

- **Prep Ahead:** Assemble the bake a day before; refrigerate until ready to cook.
- **Thawing Strategy:** If using frozen chicken, thaw in the fridge overnight.

What to do with leftovers:

- **Storage:** Keep in the fridge for up to 3 days.
- **Reheat:** Cover with foil and reheat in the oven at 180°C/ 350°F until hot through.

Korean Chicken

- **Prep Ahead:** Prepare the sauce up to 3 days in advance and refrigerate.
- **Thawing Strategy:** For frozen chicken, thaw in the fridge a day ahead.

What to do with leftovers:

- **Storage:** Refrigerate in an airtight container for up to 3 days.
- **Reheat:** Simmer on low heat, adding a splash of water if needed.

Prawn Tacos

- **Prep Ahead:** Marinate prawns and store in fridge for up to 24 hours.
- **Thawing Strategy:** If prawns are frozen, thaw in the fridge for several hours.

What to do with leftovers:

- **Storage:** Best consumed fresh. Store prawns and veggies separately in the fridge for up to 2 days.
- **Reheat:** Quickly sauté prawns over high heat to maintain texture.

Slow Cooker Cottage Pie

- **Prep Ahead:** Prepare the beef filling a day ahead to enhance flavors.
- **Thawing Strategy:** If using frozen mince, thaw in the fridge the day before.

What to do with leftovers:

- **Storage:** Store in the fridge for up to 3 days or freeze for up to a month.
- **Reheat:** Warm in the oven at 180°C/ 350°F, covered, until heated through.

Meatballs In Tomato Sauce

- **Prep Ahead:** Meatballs can be formed and refrigerated up to 2 days before cooking.
- **Thawing Strategy:** Thaw frozen meatballs in the fridge overnight.

What to do with leftovers:

- **Storage:** Refrigerate for up to 4 days or freeze for up to 2 months.
- **Reheat:** Gently simmer in sauce, adding a touch of water if necessary.

Meal Plan 134- Shopping List

Chicken Pasta Bake

- 400g dried pasta
- 500g boneless skinless chicken thighs
- 1 brown onion
- fresh garlic
- dried Italian herbs
- tomato puree (paste)
- 1 x 400g tin diced tomatoes
- 240ml double cream
- grated parmesan cheese
- shredded mozzarella
- fresh parsley

30 Minute Korean Chicken

- 400g boneless skinless chicken breast
- Sriracha or similar hot sauce
- corn starch / corn flour
- soy sauce (light or dark)
- runny honey
- 1 inch piece of fresh ginger
- fresh garlic
- chilli powder
- 75g frozen peas
- for serving
- steamed rice
- broccoli
- dry roasted peanuts
- fresh lime wedges
- spring onions

Slow Cooker Cottage Pie

- 500g lean minced beef
- 1 brown onion
- 4 cloves garlic
- 200g brown mushrooms
- 3 medium carrots
- Worcestershire sauce
- tomato puree (paste)
- plain flour (all-purpose)
- red wine (optional)
- beef stock cube
- frozen peas
- 4 large potatoes
- Greek yogurt (optional)
- butter
- milk

Prawn tacos

- 400g king prawns (frozen is fine)
- Cajun spice
- chilli powder
- fresh pineapple
- 2 limes
- 1 bunch coriander
- 1 red chilli pepper
- 8 flour tortillas
- 100ml Greek yogurt
- chilli powder
- 1 avocado
- 1/2 green cabbage

Italian Meatballs in Tomato Sauce

- 750g minced beef and pork mix
- 1 egg
- milk
- dried oregano
- dried basil
- Italian pasta mix
- Italian herb mix
- chopped fresh rosemary
- 50g Grana Padano
- 1 red onion
- fresh garlic
- tomato puree
- 1 x 500ml passata