



Week
Three

ALDI MEAL PLAN

5 Dinners for £25
with shopping
list

Savvy Bites 



£25 Meal Plan Week 3- Prep Sheet



Coconut Chicken Curry



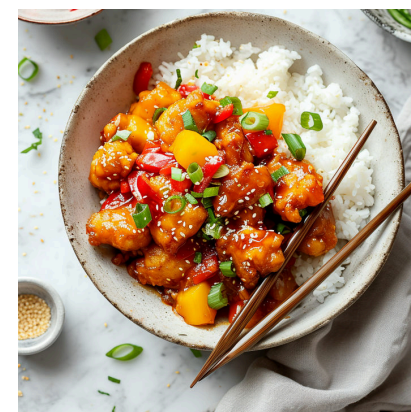
Pasta alla Norma Aubergine



Italian Meatballs in Tomato Sauce



Roasted Red Pepper Soup



Sweet N Sour Chicken

Coconut Chicken Curry

- **Storage:** Store in the refrigerator in an airtight container for up to 3 days.
- **Reheat:** Warm in a saucepan over medium heat, stirring occasionally. Add a little water or coconut milk if the curry seems too thick.
- **Reinvent Leftovers:** Serve as a filling for a curry chicken wrap or over a bed of fresh salad greens for a curry chicken salad.

Pasta alla Norma

- **Storage:** Refrigerate in a sealed container for up to 3 days.
- **Reheat:** Reheat gently in a saucepan, adding a splash of water or broth to loosen the sauce if needed.
- **Reinvent Leftovers:** Turn the pasta into a baked pasta dish by adding cheese and baking until bubbly and golden.

Italian Meatballs In Tomato Sauce

- **Storage:** Store in an airtight container in the refrigerator for up to 4 days.
- **Reheat:** Warm gently in a saucepan over medium heat. Add a splash of water or broth to keep the meatballs moist.
- **Reinvent Leftovers:** Transform leftover meatballs into a sub sandwich or mix with cooked spaghetti for a classic spaghetti and meatballs meal.

Roasted Red Pepper Soup

- **Storage:** Soup can be refrigerated in a sealed container for up to 4 days; bread should be kept in a bread box or airtight container.
- **Reheat:** Warm soup on the stove over medium heat until hot; refresh bread in a warm oven for a few minutes.
- **Reinvent Leftovers:** Use leftover soup as a sauce for pasta or a base for a risotto. Bread can be turned into croutons for salads.

Sweet N Sour Chicken

- **Storage:** Keep in the refrigerator in an airtight container for up to 3 days.
- **Reheat:** Reheat in the microwave in 30-second intervals, stirring in between, or gently on the stove with a bit of added water.
- **Reinvent Leftovers:** Use as a topping for a quick stir-fry or combine with fresh vegetables and serve over noodles.

£25 Meal Plan Week 3- Shopping List

Coconut Chicken Curry

- 500g boneless skinless chicken breast
- 1 brown onion
- fresh garlic
- fresh ginger
- tomato puree
- medium curry powder
- turmeric
- demerara sugar
- dark soy sauce
- 1 x 400g tin chopped tomatoes
- 1 x 400ml tin coconut milk
- 1/2 bunch coriander
- 1 lime

Italian Meatballs in Tomato Sauce

- 750g minced beef and pork mix
- 1 egg
- 100ml milk
- dried oregano
- dried basil
- Italian pasta mix
- Italian herb mix
- fresh rosemary
- grana padano
- 1 red onion
- fresh garlic
- tomato puree
- 500ml passata

Red Pepper Soup

- 4 red peppers
- 1 red onion
- fresh garlic
- fresh thyme
- fresh rosemary
- light brown sugar
- vegetable stock cubes
- vegetable stock cube
- 1 bunch basil
- fresh mozzarella or cream for serving

Pasta alla Norma

- 1 small aubergine
- 25g sourdough breadcrumbs (optional)
- 1/2 bunch fresh basil
- fresh garlic
- tomato puree
- harissa spice
- 50g butter
- 1 lemon
- rigatoni or penne
- grana padano cheese

Sweet N Sour Chicken

- 500g boneless skinless chicken
- cornstarch
- 1 brown onion
- 1 red pepper
- 1 yellow pepper
- ketchup
- cider vinegar
- demerara or brown sugar
- soy sauce
- fresh ginger
- fresh garlic
- 1 x 432g tin pineapple slices