



Week  
Four

# ALDI MEAL PLAN

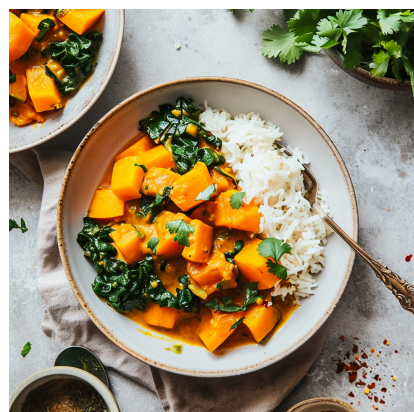
5 Dinners for £25  
with shopping  
list

Savvy Bites 





# £25 Meal Plan Week 4- Prep Sheet



**Butternut Squash Curry**



**Slow Cooked Beef Stew**



**Classic Pasta Puttanesca**



**Easy Pork Curry In Coconut Sauce**



**30 Minute Prawn Rice**

## **Butternut Squash Curry**

- **Storage:** Store in an airtight container in the fridge for up to 3 days, or in the freezer for up to 3 months.
- **Reheat:** Warm in a saucepan over medium heat. If it's too thick, add a little water or broth to reach the desired consistency.
- **Reinvent Leftovers:** Try adding the leftover curry to a tortilla with some fresh greens for a quick curry wrap, or blend it with a bit of broth for a creamy soup.

## **Slow Cooked Beef Stew**

- **Storage:** Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.
- **Reheat:** Warm in a saucepan over medium heat until thoroughly heated. Add a little water if needed.
- **Reinvent Leftovers:** Use the stew as a pie filling or serve over mashed potatoes for a new twist.

## **Classic Pasta Puttanesca**

- **Storage:** Keep leftovers in an airtight container in the refrigerator for up to 4 days.
- **Reheat:** Warm gently in a skillet over medium-low heat, adding a tablespoon of water if needed to thin out the sauce.
- **Reinvent Leftovers:** Transform your leftover Pasta Puttanesca into a new meal by using it as a topping on bruschetta or mixing it with sautéed vegetables for an enhanced pasta dish.

## **Easy Pork Curry**

- **Storage:** Store cooled curry in an airtight container in the fridge for up to 3-4 days, or freeze for up to 3 months.
- **Reheat:** Microwave or reheat on the stove until thoroughly heated. Add a bit of water if the sauce has thickened too much.
- **Reinvent Leftovers:** Turn leftover pork curry into a hearty sandwich filling or mix it into cooked pasta for a fusion dish.

## **Prawn Rice**

- **Storage:** Keep in an airtight container in the fridge for up to 3 days.
- **Reheat:** Warm gently on the stove or in the microwave, adding a bit of water or stock if needed.
- **Reinvent Leftovers:** Add leftover prawn rice to a stir-fry with additional vegetables or use it as a filling for stuffed peppers.

# £25 Meal Plan Week 4- Shopping List

## Easy Prawn Rice

- 275g frozen prawns
- fresh garlic
- 1 brown onion
- 1 red bell pepper
- 8 vine tomatoes
- 200g frozen peas
- paprika
- chilli powder
- rice (jasmine, white or brown)
- vegetable stock cube

## Pork Curry in Coconut Sauce

- 500g pork fillet
- 1 brown onion
- fresh ginger
- fresh garlic
- ground turmeric
- yellow curry powder
- chilli powder
- 1 courgette
- 200g sweet corn
- smooth peanut butter
- soy sauce
- 1 x 400ml coconut milk
- chilli flakes
- dry roasted peanuts
- 1 bunch basil
- 1 lime

## Pasta Puttanesca

- 300g spaghetti
- 1 brown onion
- fresh garlic
- 1 tin anchovies
- 2 x 400ml tinned cherry tomatoes
- 12 kalamata olives
- 1 bunch fresh parsley
- 1 bunch fresh basil

## Butternut Squash Curry

- fresh garlic
- 1 brown onion
- 1 small butternut squash
- 1 x 400g tin chick peas
- 1 x 400g chopped tomatoes
- 500g spinach
- 1 x 400ml tin coconut milk
- ground cumin
- garam masala
- curry powder
- chilli powder
- 1 tablespoon maple syrup (optional)
- 1 banana shallot (optional)
- 250ml vegetable oil

## Beef Stew with Cheddar Biscuits

- 400g lean stewing beef
- 1 brown onion
- fresh garlic
- 4 medium carrots
- 5 stalks celery
- plain flour
- tomato puree
- English mustard
- Worcestershire sauce
- red wine (optional)
- beef stock cubes
- baking powder
- strong cheddar
- salted butter
- milk
- parsley