

Meal Plan 143- Shopping List

Curry Chicken Thighs

- 1 brown onion
- fresh garlic cloves
- fresh ginger
- 6-8 chicken thighs
- 400g tin chopped tomatoes
- 400ml tin coconut milk
- medium curry powder
- chilli powder
- honey
- 1 lime
- 1/2 bunch coriander

Sweet Potato Curry

- 500g sweet potatoes
- 1 red onion
- fresh garlic
- fresh ginger
- red Thai curry paste
- 400ml tin coconut milk
- 300g spinach
- cashews
- 1 bunch basil
- 1/2 bunch coriander

Crispy Beef in Oyster Sauce

- 360g sirloin steaks
- plain flour
- 1 red bell pepper
- 2 carrots
- 200g dried pasta
- 120g oyster sauce
- soy sauce
- Sriracha sauce
- fresh ginger
- fresh garlic
- 1 lime

Cajun Chicken Pasta

- 3 tablespoons Cajun spice
- 300g chicken breast or chicken thighs
- fresh garlic
- 1 brown onion
- 400g tin chopped tomatoes
- 150ml single (heavy) cream
- 1 lemon
- 300g penne
- 1/2 bunch coriander or parsley
- 25g parmesan cheese

Meal Plan 143- Prep Sheet



Curry Chicken Thighs



Crispy Beef In Oyster Sauce



Sweet Potato Curry



Cajun Chicken Pasta

Curry Chicken Thighs

- **Storage:** Keep the chicken thighs in an airtight container in the refrigerator for up to 3 days. To retain more flavor, store them in their sauce.
- **Reheat:** Reheat the chicken thighs gently in a covered skillet over low heat, adding a splash of water if necessary to prevent drying out.
- **Reinvent:** Shred the chicken and use it as a protein-rich addition to salads, wraps, or even as a pizza topping. Combine it with mayo, apples, and nuts for a curried chicken salad.

Crispy Beef in Oyster Sauce

- **Storage:** Cool the crispy beef quickly to avoid sogginess. Store in an airtight container and refrigerate for up to 3 days.
- **Reheat:** To maintain crispiness, reheat the beef in a pan over medium heat until warm. If stored separately, add the sauce at the last minute just to heat through.
- **Reinvent:** Transform the crispy beef into a filling for Asian-inspired tacos or wraps. Add some fresh vegetables like shredded cabbage, carrots, and a drizzle of sriracha mayo for a new twist.

Sweet Potato Curry

- **Storage:** Store the sweet potato curry in an airtight container in the refrigerator for up to 4 days. The flavors will meld and enhance over time.
- **Reheat:** Gently reheat the curry over low heat on the stove, adding a little water or coconut milk if it has thickened too much.
- **Reinvent:** Use the curry as a hearty topping for baked potatoes or as a filling for savory puff pastry turnovers. You can also puree it to create a spicy sweet potato soup, adding broth to achieve the desired consistency.

Cajun Chicken Pasta

- **Storage:** Store in an airtight container in the refrigerator for up to 3 days. Pasta dishes can absorb flavors and sauces over time, so expect a richer taste.
- **Reheat:** For best results, reheat on the stove over low heat, adding a splash of milk or broth to loosen the sauce. Stir gently until evenly heated.
- **Reinvent:** Transform the leftover Cajun chicken pasta into a creamy Cajun chicken pasta bake by adding topping with mozzarella cheese and bake until bubbling and melted.



week
143

ALDI MEAL PLAN

4 Dinners
with shopping list

Savvy Bites 

