



Week
148

ALDI MEAL PLAN

5 Dinners
with shopping
list

Savvy Bites 



Meal Plan 148- Shopping List

Butternut Squash Curry

- olive oil
- fresh garlic cloves
- 1 yellow onion
- 1 small butternut squash
- 1 x 400g chickpeas
- 1 x 400g tin chopped tomatoes
- fresh spinach
- 1 x 400ml coconut milk
- ground cumin
- garam masala
- curry powder
- chilli powder
- maple syrup
- banana shallot

Asian Pork Meatballs

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

Coconut Chicken Curry

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

Halloumi Pasta

- 300g spaghetti
- 1 x 250g halloumi
- 1 x 400g tin cherry tomatoes
- sun dried tomatoes
- 5 pieces roasted peppers
- 1 lemon
- fresh cream (double or heavy)
- Italian seasoning
- 1 bunch fresh basil and fresh parsley

Slow Cooked Beef and Ale Stew

- 1 kg beef brisket or stewing beef
- 1 large onion
- fresh garlic
- fresh rosemary
- fresh thyme leaves
- 2 medium carrots
- fresh celery
- flour
- tomato purée (tomato paste)
- 300ml dark ale
- 1 beef stock cube
- 1 bay leaf
- Worcestershire sauce

Meal Plan 148- Prep Sheet



Butternut Squash Curry



Tomato Halloumi Pasta



Sticky Asian Meatballs



Slow Cooked Beef and Ale Stew



Creamy Coconut Chicken Curry

Butternut Squash Curry

- **Storage:** Allow the curry to cool completely before transferring it to an airtight container. Refrigerate for up to 3 days or freeze for up to 2 months.
- **Reheat: Stovetop:** Reheat the curry over medium heat until warmed through, stirring occasionally.
- **Microwave:** Place the curry in a microwave-safe dish, cover, and heat on medium power, stirring every minute until hot.
- **Reinvent: Curried Soup:** Blend the leftover curry with vegetable or chicken broth to create a smooth soup. Serve with crusty bread.
- **Curry Stuffed Potatoes:** Spoon the warmed curry over baked potatoes and top with a dollop of yogurt or sour cream.

Tomato Halloumi Pasta

- **Storage:** Once cooled, store in an airtight container in the refrigerator for up to 2 days.
- **Reheat:** Reheat in a skillet over medium heat, adding a splash of olive oil or water to prevent sticking.
- **Reinvent: Pasta Bake:** Place the leftover pasta in a baking dish, sprinkle with breadcrumbs and extra cheese, and bake until golden and bubbly.
- **Pasta Frittata:** Mix the pasta with beaten eggs and pour into a greased skillet. Cook until set for a delicious frittata.

Slow Cooked Beef and Ale Stew

- **Storage:** Let the stew cool completely before storing in airtight containers. Refrigerate for up to 3 days or freeze for up to 3 months.
- **Reheat: Stovetop:** Warm the stew over low heat, stirring occasionally until heated through.
- **Microwave:** Heat in a microwave-safe bowl, stirring every couple of minutes until hot.
- **Reinvent: Stew Pie:** Use the leftover stew as filling for a pie. Top with puff pastry or mashed potatoes and bake until golden.
- **Stew with Dumplings:** Add dumplings to the reheated stew for a comforting meal.

Sticky Asian Meatballs

- **Storage:** Allow to cool and store in an airtight container in the fridge for up to 3 days.
- **Reheat:** Simmer meatballs in the sauce over medium heat until warmed through.
- **Reinvent:** Slice the meatballs and wrap them in tortillas with lettuce, cucumber, and a drizzle of sauce.
- **Asian Meatball Stir-Fry:** Chop the meatballs and stir-fry with veggies and noodles for a quick meal.

Creamy Coconut Chicken Curry

- **Storage:** Cool completely before transferring to airtight containers. Refrigerate for up to 3 days or freeze for up to 2 months.
- **Reheat: Stovetop:** Reheat over medium heat, stirring occasionally until hot.
- **Microwave:** Place in a microwave-safe dish, cover, and heat, stirring every minute until warmed through.
- **Reinvent: Curry Noodle Soup:** Add broth and noodles to the leftover curry for a hearty soup.
- **Curry Fried Rice:** Chop up the chicken and mix with cooked rice, stir-frying until everything is heated and well combined.