



Week 157

# ALDI MEAL PLAN

5 Dinners  
with shopping  
list

Savvy Bites 



BONUS RECIPE



# Meal Plan 157- Prep Sheet



**Ham Soup with Dutch Oven Bread**



**Spinach Ricotta Pasta**



**Sweet and Sour Chicken**



**Easy Margherita Pizza**



**Beef Chilli**

## **Ham Soup with Dutch Oven Bread**

### **Storage**

- Fridge: Store soup in an airtight container for up to 4 days. Bread keeps for 2 days at room temperature or up to 5 days in the fridge.
- Freezer: Soup can be frozen for up to 2 months. Bread can be frozen for up to 1 month.

### **Reheat**

- Soup (Stovetop): From the fridge, reheat over medium heat, stirring occasionally. Add a splash of water if thickened.
- Soup (Microwave): From the fridge, heat in a microwave-safe bowl on high for 2–3 minutes, stirring halfway.
- Bread: From the fridge or freezer, warm in the oven at 160°C for 5–7 minutes or toast until crisp.

### **Reinvent Leftovers**

- Soup: Blend into a dip or use as a pasta or grain sauce.
- Bread: Cube for croutons or turn into savory bread pudding.

## **Spinach Ricotta Pasta**

### **Storage**

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended due to the creamy ricotta.

### **Reheat**

- Stovetop: From the fridge, reheat in a skillet over low heat with a splash of milk or cream.
- Microwave: From the fridge, heat on medium for 1–2 minutes, stirring halfway. Add liquid if dry.

### **Reinvent Leftovers**

- Use as stuffing for bell peppers or zucchini.
- Mix with cheese and bake as a pasta casserole.
- Add to wraps or quesadillas.

## **Sweet and Sour Chicken**

### **Storage**

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 2 months.

### **Reheat**

- Stovetop: From the fridge, reheat in a skillet over medium heat. Add a splash of water if needed.
- Microwave: From the fridge, heat in a microwave-safe container for 2–3 minutes, stirring halfway.

### **Reinvent Leftovers**

- Use in wraps or rice bowls.
- Mix with noodles or fried rice.
- Spoon over baked potatoes or stir-fry with extra veg.

## **Easy Margherita Pizza**

### **Storage**

- Fridge: Store slices in an airtight container for up to 3 days.
- Freezer: Wrap slices individually and freeze for up to 2 months.

### **Reheat**

- Stovetop: From the fridge, heat slices in a non-stick pan over medium. Cover with a lid to melt cheese and crisp crust.
- Microwave: From the fridge, microwave with a cup of water nearby for 30–60 seconds.

### **Reinvent Leftovers**

- Cut into strips for soup dippers.
- Add toppings and reheat as breakfast pizza.
- Fold into pizza sandwiches.

## **Beef Chilli**

### **Storage**

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 3 months.

### **Reheat**

- Stovetop: From the fridge or freezer, reheat in a saucepan over medium heat, stirring occasionally. Add liquid if needed.
- Microwave: From the fridge, heat in a microwave-safe bowl for 2–3 minutes, stirring halfway.

### **Reinvent Leftovers**

- Spoon over baked potatoes or nachos.
- Use in tacos, quesadillas, or burritos.
- Mix into mac and cheese or pasta.

# Meal Plan 157- Shopping List

## Ham Soup with Dutch Oven Bread

- 2 tablespoons olive oil
- 1 kg smoked gammon joint
- 175 g red lentils
- 1 yellow onion
- 3 cloves garlic
- 2 sticks celery
- 1 leek
- 2 large carrots
- 2 bay leaves
- 100 g cavolo nero or kale
- 1.8 litres vegetable or chicken stock
- 500 g strong bread flour
- 1 teaspoon salt
- 10 g active dried yeast
- 350 ml warm water
- 1 tablespoon honey
- Extra flour for dusting

## Spinach Ricotta Pasta

- 500 g spaghetti
- 2 tablespoons olive oil
- 2 cloves garlic
- 175-225 ml single cream
- 250 g ricotta
- 50 g grated parmesan
- 175 g spinach
- Zest and juice of 1 lemon
- 1 teaspoon pasta seasoning
- ¼ teaspoon chili flakes
- 2 tablespoons chopped fresh parsley

## Sweet and Sour Chicken

- 500 g chicken breast
- 6 tablespoons cornstarch
- 50 ml vegetable oil
- Salt and pepper to taste
- 1 onion
- 1 red bell pepper
- 1 yellow bell pepper
- 6 tablespoons ketchup
- 2 tablespoons cider vinegar
- 6 tablespoons brown sugar
- 1 tablespoon soy sauce
- 1 tablespoon fresh ginger
- 2 cloves garlic
- 432 g tin pineapple pieces (reserve the juice)

## Easy Margherita Pizza

- 400 g strong flour
- 7 g yeast
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 225 ml warm water
- 1 tablespoon honey
- 500 g passata
- 4 tablespoons tomato puree
- 2 teaspoons garlic granules
- 1 tablespoon oregano
- 1 tablespoon basil
- 2 teaspoons olive oil
- 1 teaspoon honey or sugar
- ½ quantity pizza dough
- ⅓ quantity pizza sauce
- 50 g shredded mozzarella
- 1 ball fresh mozzarella
- Basil leaves

## Beef Chilli

- 500 g diced beef
- 2 tablespoons vegetable oil
- 1 red onion
- 6 cloves garlic
- 2 tablespoons tomato puree
- ½ tablespoon chili powder
- 1 teaspoon paprika
- 2 teaspoons cumin
- ½ teaspoon cinnamon
- 395 g taco mixed beans in tomato sauce
- 400 g chopped tomatoes
- 175 ml apple juice
- 300 ml beef broth
- 1 bay leaf

### **Optional Toppings:**

- Shredded cheddar cheese
- 1 avocado
- 1 green jalapeño
- 1 bunch coriander
- Tortilla chips
- Limes
- Sour cream or Greek yoghurt
- White rice