



Savvy Bites 

Aldi Meal Plan

— WEEK 160 —



This Week's Recipes



[Chinese Lemon Chicken](#)



[Easy One Pot Creamy Tomato Pasta](#)



[The Best Sweetcorn Chowder](#)



[Easy Slow Cooker Lamb Tagine](#)



[The Best Egg Fried Rice](#)

Crispy Chinese Lemon Chicken

Grocery List

- Chicken breast
- Soy sauce
- White wine vinegar
- Egg
- Cornstarch
- Vegetable oil
- Garlic
- Fresh ginger
- Honey
- Chicken broth
- Lemon (juice and zest)
- Soy sauce
- Cornstarch
- Olive oil

Recipe Storage and Reheat Tips

Storage

- Fridge: Store chicken and sauce separately in airtight containers for up to 3 days.
- Freezer: Not recommended, as the coating can turn soggy after thawing.

Reheat

- Stovetop: From the fridge, reheat chicken in a skillet over medium heat until hot. Warm sauce separately and pour over to serve.
- Microwave: From the fridge, microwave chicken and sauce in a covered dish for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Add chopped chicken to a rice or noodle stir-fry.
- Slice and toss into a crunchy salad with sesame dressing.
- Use as a wrap filling with slaw and extra sauce.



Easy One Pot Creamy Tomato Pasta

Grocery List

- Spaghetti
- Fresh tomatoes
- Olive oil
- Garlic
- Onion
- Chicken or vegetable stock
- Double cream
- Fresh basil

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended, as the cream may split when thawed.

Reheat

- Stovetop: From the fridge, reheat in a saucepan with a splash of water or broth over medium heat until creamy and hot.
- Microwave: From the fridge, microwave in a covered bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Turn into a pasta bake with cheese and breadcrumbs.
- Serve as a side with grilled fish or chicken.
- Stir in extra spinach or roasted veg for a fresh twist.



The Best Sweetcorn Chowder

Grocery List

- Smoked streaky bacon
- Onion
- Carrots
- Celery
- New potatoes
- Sweetcorn (fresh, tinned, or frozen)
- Chicken or vegetable stock
- Double cream
- Salt and pepper
- Fresh parsley

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze in airtight containers for up to 2 months. Thaw overnight in the fridge before reheating.

Reheat

- Stovetop: From the fridge, reheat over medium heat in a saucepan until warmed through, stirring occasionally.
- Microwave: From the fridge, microwave in a covered bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Pour over baked potatoes with cheese.
- Use as pie filling with a pastry crust.
- Blend for a creamy soup base and top with croutons.



Easy Slow Cooker Lamb Tagine

Grocery List

- diced lamb
- vegetable oil
- brown onion
- garlic
- fresh ginger
- cumin
- ground coriander
- cinnamon
- paprika
- tomato puree
- beef stock, made with a stock cube
- chopped tomatoes
- chickpeas, drained
- dried apricots
- dried dates, chopped
- honey
- Squeeze of lemon
- Greek yoghurt
- Flaked almonds, toasted
- Chopped coriander
- Pomegranate

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: From the fridge, reheat in a pan over medium heat until hot.
- Microwave: From the fridge, microwave in a covered dish for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over couscous or herbed rice.
- Use in flatbreads with yogurt and pickled onions.
- Add to vegetable soup for a rich flavor base.



Easy Spicy Chicken & Peanut Butter Ramen

Grocery List

- Cooked white rice (preferably chilled)
- Vegetable oil
- Onion
- Garlic
- Frozen mixed vegetables (peas, carrots, corn)
- Bean sprouts
- Eggs
- Soy sauce
- Oyster sauce (optional)
- Green onions
- Salt and pepper

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze in a sealed container for up to 1 month. Thaw overnight in the fridge.

Reheat

- Stovetop: From the fridge, stir-fry in a pan over medium heat until hot.
- Microwave: From the fridge, microwave in a covered bowl for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Stir in leftover protein (chicken, tofu, shrimp).
- Use as filling for stuffed bell peppers.
- Press into patties and fry into crispy rice cakes.

