



Savvy Bites 

Aldi Meal Plan

— WEEK 162 —



This Week's Recipes



[Easy Thai Red Curry Meatballs](#)



[30 Minute Chicken Pesto Pasta](#)



[30 Minute Prawn Rice](#)



[Creamy Cauliflower Cheese Soup](#)



[Beef Stir Fry In A Sticky Asian Sauce](#)

Easy Thai Red Curry Meatballs

Grocery List

For the Meatballs:

- Turkey mince (ground turkey)
- Coriander (cilantro)
- Garlic
- Fresh ginger
- Oil

For the Sauce:

- Small brown onion
- Thai red curry paste
- Full-fat coconut milk
- Lime juice
- Fresh basil
- Fresh coriander
- Chili flakes (optional)
- Spring onions

Recipe Storage and Reheat Tips

Storage

- Fridge: Store meatballs and curry sauce in an airtight container for up to 4 days.
- Freezer: Freeze meatballs with sauce in a freezer-safe container for up to 2 months.

Reheat

- Stovetop: From the fridge or freezer, simmer gently in a saucepan over medium-low heat until heated through. Stir occasionally.
- Microwave: From the fridge, heat in a microwave-safe dish for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over noodles or rice with fresh herbs for a new twist.
- Use as a filling for wraps or flatbreads with slaw.
- Blend sauce and drizzle over grilled veggies or tofu.



30 Minute Chicken Pesto Pasta

Grocery List

- Pasta (any type)
- Boneless, skinless chicken breasts
- Olive oil
- Garlic
- Basil pesto
- Single cream
- Vegetable stock (made with a stock cube)
- Walnuts
- Mozzarella
- Basil
- Parmesan cheese
- Salt and pepper

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended due to the pesto separating when thawed.

Reheat

- Stovetop: From the fridge, reheat gently in a skillet over low heat. Add a splash of pasta water or olive oil to bring back the sauce.
- Microwave: From the fridge, heat on medium for 1–2 minutes, stirring halfway through.

Reinvent Leftovers

- Use as filling for a toasted wrap or sandwich melt.
- Bake with cheese for a quick pesto pasta bake.
- Toss with extra greens or chickpeas for a cold pasta salad.



30 Minute Prawn Rice



Grocery List

- Olive oil
- Garlic
- Yellow or brown onion
- Red pepper
- Vine-ripened tomatoes
- Frozen peas
- Frozen prawns (peeled and defrosted)
- Paprika
- Chilli powder
- Rice
- Vegetable stock (made with a stock cube)



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 2 days.
- Freezer: Freeze for up to 1 month. Reheat thoroughly and do not refreeze once thawed.

Reheat

- Stovetop: From the fridge or freezer, reheat in a pan over medium heat with a splash of water. Stir frequently.
- Microwave: From the fridge, microwave in a covered bowl for 2 minutes, stirring halfway.

Reinvent Leftovers

- Add a fried egg and chili oil for a quick rice bowl.
- Use in lettuce wraps or sushi-style rice rolls.
- Stir into soup for a seafood rice twist.



Creamy Cauliflower Cheese Soup

Grocery List

- Cauliflower
- Butter
- Olive oil
- Garlic
- Yellow onion
- Fresh thyme
- Carrots
- Courgette
- Whole milk
- Vegetable stock
- Shredded cheddar
- Mixed spice
- Chilli powder

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: From the fridge or freezer, reheat over low-medium heat, stirring constantly. Do not boil.
- Microwave: From the fridge, microwave in a bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Use as a cheesy sauce base for pasta or mac and cheese.
- Turn into a creamy casserole sauce with grains or potatoes.
- Serve in a bread bowl or with grilled cheese strips.



Beef Stir Fry In A Sticky Asian Sauce

Grocery List

- For the Sauce:
- Soy sauce
- Honey
- Sriracha
- Fresh ginger
- Garlic
- Lime juice
- For the Stir Fry:
- Olive oil
- Red onion
- Bell peppers (red, yellow, orange)
- Courgette (zucchini)
- Rump steak / skirt steak / stir fry steak
- Spring onions
- Fresh basil
- Fresh coriander (cilantro), optional

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze for up to 2 months. Best without added veggies, which may turn mushy.

Reheat

- Stovetop: From the fridge or freezer, reheat in a non-stick skillet over medium heat. Add a splash of water to revive the sauce.
- Microwave: From the fridge, microwave in a bowl for 2–3 minutes, stirring halfway through.

Reinvent Leftovers

- Serve over rice noodles or ramen.
- Use as a filling for bao buns or wraps.
- Add to a veggie stir-fry for a double batch dinner.

