



Savvy Bites 

Aldi Meal Plan

— WEEK 167 —



This Week's Recipes



[One Pan Tomato Italian Chicken](#)



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Easy One Pan Italian Chicken In Tomato Sauce

Grocery List

For the Chicken:

- 600 g chicken breast mini fillets, or chicken breast
- Salt and pepper, to taste

For the Sauce:

- 2 tablespoons olive oil
- 85 g smoked pancetta
- 1 yellow onion, diced
- 2-3 cloves garlic, minced
- 1 sprig fresh rosemary, finely chopped
- 2 sprigs fresh thyme, leaves picked
- 1 red bell pepper, finely chopped
- 2 sun-dried tomatoes, chopped
- 400 g tin chopped tomatoes

- 1 teaspoon tomato puree
- ½ teaspoon pasta seasoning mix
- ½ teaspoon Italian herb mix
- 2-3 tablespoons double cream, *see notes
- 75 ml vegetable stock made with a stock cube, optional (*see notes)
- 30-50 g shredded mozzarella
- 2 tablespoons chopped parsley for serving

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

- Stovetop: From the fridge or freezer, reheat in a pan over medium heat until hot and bubbling.
- Microwave: From the fridge, microwave for 2-3 minutes, stirring halfway.

Reinvent Leftovers

- Shred chicken and use as pasta or wrap filling.
- Serve over rice, polenta, or mashed potatoes.
- Slice and use in a toasted sandwich with melted cheese.



Easy Crispy Pan Fried Gnocchi

Grocery List

- 500 g (2 cups) gnocchi
- 30 g (1 oz) unsalted butter
- 30 ml (1 floz) olive oil
- 2 cloves (2 cloves) garlic, minced
- 60 g (2 1/8 oz) Grana Padano or Parmesan, finely grated
- 1 teaspoon (1 teaspoon) crushed chili flakes, optional
- Fresh parsley, chopped for garnish

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended—gnocchi may lose texture after thawing.

Reheat

- Stovetop: From the fridge, reheat in a non-stick pan over medium heat until crisp again.
- Microwave: From the fridge, microwave for 1–2 minutes, but texture may soften.

Reinvent Leftovers

- Toss into a warm veggie salad with dressing.
- Add to soup as a quick dumpling-style base.
- Top with cheese and bake for a crispy gnocchi skillet.



Easy Beef Stir Fry In A Sticky Asian Sauce

Grocery List

For the sauce

- 125 ml (½ cup) Soy Sauce
- 75 ml (⅓ cups) Honey
- 2 tablespoons Sriracha
- 1 inch piece Fresh Ginger
- 2 cloves garlic, minced
- 1 lime, juice only

For the Stir Fry

- 2 tablespoon Olive Oil
- 1 small red onion, thinly sliced
- 3 bell peppers Red, yellow, orange
- 1 courgette (zucchini), chopped
- 600 g (1 ⅓ lb) rump steak, skirt steak, stir fry steak
- ½ bunch spring onions
- ½ bunch fresh basil
- ½ bunch fesh 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 veg, which may soften.

Reheat

- Stovetop: From the fridge or freezer, reheat in a pan over medium heat with a splash of water.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over ramen or rice noodles.
- Wrap in lettuce cups or spring rolls.
- Add to a veggie stir fry for an easy second meal.



Easy Stuffed Peppers with Rice

Grocery List

- 3 Red, Yellow, or Mixed Bell Peppers, halved lengthways
- 2 cloves Garlic, minced
- 3 tablespoon Extra Virgin Olive Oil
- 2 teaspoon Dried Oregano
- 500 g 3 cups Cooked Rice, warmed
- Kalamata Olives, to taste
- 1 Lemon, juice and zest
- 200 g Cherry Tomatoes, halved
- ½ bunch Basil, chopped

For serving: 200g, 1 ¼ cups Feta, crumbled

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

- Stovetop: From the fridge or freezer, reheat in a covered skillet with a splash of water until heated through.
- Microwave: From the fridge, microwave for 2–3 minutes, checking the center for heat.

Reinvent Leftovers

- Chop up and mix into a rice bowl or burrito.
- Use filling to stuff courgettes or mushrooms.
- Turn into a quick veggie soup with broth.



Easy 20-Minute Lo Mein Style Chinese Noodles

Grocery List

For the Sauce

- 125 ml natural peanut butter
- 2 tablespoons soy sauce
- Juice of 1 lime
- 1 tablespoon chili paste, sriracha recommended
- 1 teaspoon brown sugar
- Thumb-size piece of fresh ginger, grated
- 3 cloves garlic, grated

Noodles

- 300 g boneless skinless chicken breast
- 2 carrots, shredded into noodles (use a mandoline, peeler, or spiralizer)
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 150 g broccoli florets
- 225 g long pasta, egg noodles or spaghetti recommended
- 3 green onions, thinly sliced

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze for up to 1 month, though noodles may soften.

Reheat

- Stovetop: From the fridge or freezer, reheat in a hot pan with a splash of water or soy sauce.
- Microwave: From the fridge, microwave for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Add cooked chicken, tofu, or shrimp for a full meal.
- Toss with chili oil and a fried egg for a spicy noodle bowl.
- Use as a filling for spring rolls or wraps.

