



Savvy Bites 

Aldi Meal Plan

— WEEK 169 —



This Week's Recipes



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Easy 30 Minute Turkish Lentil Soup



Grocery List

- 2 tablespoon vegetable oil
- 1 brown onion, diced
- 3 cloves garlic, minced
- 2 small carrots, peeled and diced
- 1 tablespoon tomato paste
- 190 g (1 cup) red lentils
- 1 teaspoon ground cumin
- 1 ½ teaspoon paprika
- 900 ml (3 ¾ cups) vegetable stock
- Juice of ½ lemon

For Serving:

- Fresh mint leaves
- Chopped pistachios
- Crème fraîche or Greek yogurt
- Cracked black pepper



Recipe Storage and Reheat Tips

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 gently in a saucepan over medium heat. Add a splash of water or stock if needed.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Blend into a smooth puree and serve as a dip.
- Use as a base sauce for rice or grain bowls.
- Add cream or yogurt for a richer soup.



Easy 30 Minute Coconut Salmon Curry

Grocery List

- 500 g (1 lb) salmon fillets, 2 salmon fillets with skin on
- For the spice rub**
 - 1 tablespoon demerara sugar
 - 1 teaspoon curry powder
 - pinch ground ginger
 - 1 teaspoon garlic powder
 - pinch sea salt
- For the Sauce**
 - 1 tablespoon olive oil
 - 3 garlic cloves, minced
 - 2 tablespoons fresh ginger, minced
 - 2 tablespoons demerara sugar
 - 1 tablespoon Thai red curry paste
- 400 ml (14 oz) coconut milk , full fat or low fat is fine
- 2 teaspoons soy sauce
- 1 lime, juice only
- 100 g (3 cups) fresh spinach, washed and chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh coriander, chopped

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze for up to 2 months.

Reheat

- Stovetop: From the fridge or freezer, warm gently over medium-low heat until hot. Do not overcook salmon.
- Microwave: From the fridge, microwave for 2 minutes, stirring halfway.

Reinvent Leftovers

- Flake salmon into wraps or sandwiches.
- Serve curry over noodles instead of rice.
- Use sauce as a base for seafood soup.



Easy Greek Gyro Salad With Tzatziki Dressing



Grocery List

- Lamb leg steaks

For the marinade

- 25 ml olive oil
- 3 tablespoons lemon juice
- 3 cloves garlic, minced
- 2 sprigs of rosemary, finely chopped

For the tzatziki dressing

- ½ cup fat-free Greek yogurt
- 25 g grated cucumber, skin left on. Squeeze excess moisture out of the cucumber.
- ½ tablespoon dried oregano
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- ½- 1 clove garlic, grated
- Sea salt and fresh pepper
- 3-5 mint leaves, chopped

For the salad

- 2 romaine lettuces, washed and shredded
- 3 mini cucumbers, finely sliced
- 10 cherry tomatoes, cut in half
- Feta, fat-free or regular
- 10-20 kalamata olives

For the chickpeas

- 1 x 240g tin chickpeas, drained
- 1 tablespoon olive oil
- 1 tablespoon smoked paprika



Recipe Storage and Reheat Tips

Storage

- Fridge: Store salad and tzatziki separately for up to 2 days.
- Freezer: Not recommended.

Reheat

- Stovetop: No reheating needed, best served fresh.
- Microwave: Not applicable.

Reinvent Leftovers

- Turn into a pita or wrap filling.
- Add to a grain bowl with couscous or quinoa.
- Mix with beans for a hearty lunch salad.



Easy 30 Minute Chicken Pesto Pasta

Grocery List

- 500 g (1 lb) pasta, any type
- 2 large boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 80 g (1/3 cups) basil pesto, approximately 1/2 jar
- 100 ml (1/3 cups) single cream
- 100 ml (1/3 cups) vegetable stock, made with a stock cube
- 2 tablespoons walnuts, chopped
- 1 ball mozzarella, torn
- 1 bunch basil, chopped
- 50 g (1/2 cups) parmesan cheese, grated
- Salt and pepper, to taste

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended, pesto may separate.

Reheat

- Stovetop: From the fridge, reheat gently in a skillet with a splash of pasta water or olive oil.
- Microwave: From the fridge, microwave for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Bake with mozzarella for a pasta bake.
- Use as a filling for wraps.
- Mix with extra greens for a cold pasta salad.



The Easiest Prawn Tacos



Grocery List

- 400 g (1 $\frac{3}{5}$ cups) king prawns
- 2 tablespoons (2 tablespoons) Cajun spice
- 2 teaspoons (2 teaspoons) chilli powder *see notes
- 2 tablespoons (2 tablespoons) olive oil
- For the pineapple salsa
- 1 (1) pineapple, diced into small chunks
- $\frac{1}{2}$ ($\frac{1}{2}$) lime juice only
- 3 tablespoons (3 tablespoons) coriander, chopped
- $\frac{1}{2}$ ($\frac{1}{2}$) red chilli, very finely diced
- $\frac{1}{2}$ ($\frac{1}{2}$) bunch coriander, chopped

For the yogurt sauce

- 100 ml (3 $\frac{3}{8}$ floz) Greek yoghurt
- $\frac{1}{2}$ teaspoon ($\frac{1}{2}$ teaspoon) chilli powder
- juice of $\frac{1}{2}$ lime
- For the slaw
- $\frac{1}{2}$ ($\frac{1}{2}$) green cabbage, shredded
- salt and pepper to taste

For serving

- 1 (1) avocado, diced
- 8 (8) flour tortillas, grilled



Recipe Storage and Reheat Tips

Storage

- Fridge: Store cooked prawns and toppings separately for up to 2 days.
- Freezer: Prawns can be frozen for up to 2 months. Tortillas and toppings not suitable for freezing.

Reheat

- Stovetop: From the fridge or freezer, reheat prawns in a pan over medium heat until hot.
- Microwave: From the fridge, microwave prawns for 1–2 minutes. Heat tortillas separately.

Reinvent Leftovers

- Add prawns to fried rice or noodles.
- Toss into a salad with avocado and lime.
- Use in wraps or quesadillas with cheese.

