



Savvy Bites 

Aldi Meal Plan

— WEEK 170 —



This Week's Recipes



[The Best Beef and Ale Stew](#)



[Easy One Pot Mushroom Stroganoff](#)



[Easy Slow Cooker Lentil Soup](#)



[Easy 20 Minute Halloumi Salad](#)



[The Best Baked Chicken Goujons](#)

The Best Beef And Ale Stew

Grocery List

- 1 kg (2 ¼ lb) beef brisket
- 2 tablespoons vegetable oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- 2 medium carrots, peeled and chopped (see notes)
- 3 sticks celery, chopped
- 2 tablespoons flour
- 1 tablespoon tomato puree
- 300 ml (1 ¼ cups) dark ruby ale
- 400 ml (1 ¾ cups) beef stock, made with a stock cube
- 1 bay leaf
- 1 tablespoon Worcestershire sauce
- Salt to taste

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 in a pot over medium heat until simmering. Stir occasionally.
- Microwave: From the fridge, microwave for 3 minutes, stirring halfway.

Reinvent Leftovers

- Use as filling for a pie with puff pastry.
- Serve over creamy mashed potatoes or polenta.
- Add extra stock to make a rustic beef soup.



Easy One Pot Mushroom Stroganoff

Grocery List

- 1 large onion, finely chopped (200g)
- 3 cloves fresh garlic, minced
- 500 g (1 lb) mixed mushrooms, sliced (cremini, portobello, shiitake)
- 1 tablespoon fresh thyme leaves
- 40 g (⅓ cups) flour or gluten-free flour
- 500 ml (2 cups) vegetable stock or broth
- 200 g (¾ cups) sour cream or vegan sour cream
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)
- 300 g (⅔ lb) pasta, wide egg noodles, or rice (gluten-free if necessary)

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended due to cream-based sauce.

Reheat

- Stovetop: From the fridge, reheat gently over low heat with a splash of water or cream. Do not boil.
- Microwave: From the fridge, microwave for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over baked potatoes.
- Turn into a creamy pasta bake with cheese on top.
- Use as a sauce for chicken or pork cutlets.



Easy Slow Cooker Lentil Soup

Grocery List

- 1 (1) large onion, diced
- 3-4 (3-4) stalks celery, chopped
- 3 (3) carrots, peeled and chopped
- 2 (2) large potatoes, chopped into 2.5 cm cubes
- 165 g (5 5/8 oz) red lentils
- 1/2 tablespoon (1/2 tablespoon) dried oregano
- 1/2 tablespoon (1/2 tablespoon) dried basil
- 3 (3) sprigs fresh thyme, leaves picked
- 1 tablespoon (1 tablespoon) sage
- 1 tablespoon (1 tablespoon) Worcestershire sauce
- 2 (2) bay leaf
- 800 ml (3 1/5 cups) vegetable stock, made with a stock cube
- 1 teaspoon (1 teaspoon) vinegar, any kind or lemon juice
- 50 g kale, As a guide, two handfuls of kale will be enough.

For Serving

- 2 tablespoons (2 tablespoons) fresh parsley, chopped
- 1 tablespoon (1 tablespoon) olive oil
- 10 g (1/3 oz) parmesan cheese

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 in a pot over medium heat until warmed through. Add water or stock if too thick.
- Microwave: From the fridge, microwave for 2-3 minutes, stirring halfway.

Reinvent Leftovers

- Blend into a creamy dip or spread.
- Serve over cooked rice or quinoa for a hearty meal.
- Use as a base for stew by adding more vegetables or meat.



Easy 20 Minute Halloumi Salad

Grocery List

For the Salad:

- 200 g couscous
- 250 g halloumi, sliced
- 1 cucumber, diced
- 2 tablespoon olive oil, for frying
- Fresh herbs, optional, for garnish

For the Orange Vinaigrette:

- ¼ cup fresh orange juice
- ¼ cup olive oil
- 1 tablespoon honey
- 1 tablespoon white wine vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Recipe Storage and Reheat Tips

Storage

- Fridge: Store salad and halloumi separately in airtight containers for up to 2 days.
- Freezer: Not recommended.

Reheat

- Stovetop: Reheat halloumi in a dry pan for 1–2 minutes per side.
- Microwave: Avoid microwaving halloumi—it can become rubbery.

Reinvent Leftovers

- Add halloumi to a grain bowl with couscous or quinoa.
- Use in a wrap with hummus and veggies.
- Toss into pasta salad for added protein.



The Best Crispy Baked Chicken Goujons

Grocery List

- 500 grams 1 lb chicken breast
- 120 grams 1 cup breadcrumbs, panko or regular
- 60 grams ½ cup plain/all-purpose flour
- 2 large eggs
- 1 teaspoon paprika
- Salt and pepper to taste
- Olive oil for drizzling
- Optional: 30 grams, ¼ cup grated Parmesan cheese

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop/Oven: From the fridge or freezer, reheat in the oven at 180oC for 10–12 minutes until crispy.
- Microwave: From the fridge, microwave for 1–2 minutes, but goujons may lose crispness.

Reinvent Leftovers

- Slice into wraps with lettuce and mayo.
- Serve as chicken Caesar-style salad topping.
- Use in tacos with slaw and hot sauce.

