



Savvy Bites 

# Aldi Meal Plan

— WEEK 173 —





# This Week's Recipes



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# Quick and Easy Turkey Stir Fry



## Grocery List

- 500 g (1 lb) pork belly slices
- sea salt

For the sticky honey garlic sauce

- 115 ml (3 <sup>7</sup>/<sub>8</sub> floz) light soy sauce
- juice of 1 orange
- 1 tablespoon (1 tablespoon) honey
- 2 tablespoons (2 tablespoons) brown sugar
- 1 tablespoon (1 tablespoon) cider vinegar
- 1 clove (1 clove) garlic, minced



## 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, reheat in a skillet or wok over medium-high heat with a splash of water.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Use as filling for lettuce wraps.
- Toss into fried rice or noodles.
- Add to a salad with sesame dressing.



# Easy Creamy Roasted Tomato Pasta

## Grocery List

For the Cod:

- 4 medium cod fillets
- 4 tablespoons Cajun spice mix, recipe below

For the Sauce:

- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 500 g vine-ripened tomatoes, chopped
- 400 g tin white beans, drained and rinsed
- 45 g butter
- Juice of 1 lemon
- 10 g parsley, chopped (about half a bunch)
- 10 g basil, chopped (about half a bunch)
- Salt and pepper to taste

For the Homemade Cajun Blackened Spice Mix:

- 2 teaspoons paprika
- ¼ teaspoon sea salt
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- ½ teaspoon black pepper
- ½ teaspoon onion granules

## Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze for up to 1 month.

Reheat

- Stovetop: From the fridge or freezer, reheat gently in a skillet over medium-low heat with a splash of cream or pasta water.
- Microwave: From the fridge, microwave for 2 minutes, stirring halfway.

Reinvent Leftovers

- Bake with mozzarella and breadcrumbs for a pasta bake.
- Turn into a cold pasta salad with spinach and olives.
- Serve as a side with grilled chicken or fish.



# Easy One Pot Sausage and Bean Casserole

## Grocery List

For the Pasta Shells:

- 20 large pasta shells
- For the Filling:
- 250 g (1 cup) tub mascarpone
- 85 g (1/3 cup) red pepper sauce
- 300 g (4 cups) spinach, wilted

For the Sauce:

- 1 onion, diced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 500 g (2 cups) tomato passata
- 200 ml (1 cup) vegetable stock, made with a stock cube

For the Topping:

- 175 g (1 1/2 cups) shredded mozzarella

## 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 saucepan over medium heat, stirring occasionally. Add water if needed.
- Microwave: From the fridge, microwave for 3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over baked potatoes.
- Use as a filling for stuffed peppers.
- Add extra stock and turn into a hearty soup.



# Easy One Pot Cauliflower Curry

## Grocery List

- 150 g (5 ¼ oz) smoked streaky bacon, diced
- 1 large onion, 150g, finely chopped
- 2 medium carrots, 200g, diced
- 2 celery stalks, 100g, diced
- 400 g (1 lb) new potatoes, diced
- 500 g (3 cups) sweetcorn, fresh, tinned, or frozen
- 1 litre (4 cups) chicken or vegetable stock
- 200 ml (1 cup) double cream
- Salt and pepper, to taste
- Fresh parsley, chopped, for garnish

## 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 pot over medium heat until simmering.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Use as a wrap or naan filling.
- Serve over rice or grains.
- Add to a soup base with stock and lentils.



# The Best Easy Leftover Turkey Tacos

## Grocery List

For the Beef:

- 500 g (1 lb) sirloin, thinly sliced against the grain
- 100 g (½ cups) cornstarch
- 2 teaspoons baking powder, bicarb of soda
- Salt and pepper, to taste
- 1 tablespoon oil for frying

For the Sauce:

- 2 tablespoons dark soy sauce
- 6 tablespoons ketchup
- 4 tablespoons cider or white vinegar
- 5 tablespoons honey
- 2 teaspoons fresh ginger, grated
- 3 cloves garlic, minced
- ½ red chili pepper, finely minced

## Recipe Storage and Reheat Tips

Storage

- Fridge: Store cooked turkey and toppings separately for up to 3 days.
- Freezer: Turkey can be frozen for up to 2 months. Tortillas and toppings are not suitable for freezing.

Reheat

- Stovetop: From the fridge or freezer, reheat turkey in a skillet with spices or sauce until warmed through.
- Microwave: From the fridge, microwave turkey filling for 1–2 minutes.

Reinvent Leftovers

- Use turkey filling in quesadillas with cheese.
- Add to a rice bowl with beans and salsa.
- Turn into nacho topping with melted cheese and jalapeños.

