



Savvy Bites 

Aldi Meal Plan

— WEEK 174 —



This Week's Recipes



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Quick and Easy Sticky Chicken

Grocery List

For the chicken

- 500 g (1 lb) boneless skinless chicken
- 2 tablespoons corn starch or flour *See note 1
- 2 tablespoons vegetable or olive oil
- 1 red bell peppers, thinly sliced

For the sauce

- 150 ml (¾ cups) soy sauce
- 75 ml (⅓ cups) honey
- 1 tablespoon white wine vinegar
- 120 g (½ cups) sachet oyster sauce, optional *See note 2
- 2 cloves garlic
- 1- inch piece grated ginger

For serving

- chopped peanuts
- sliced green onion

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: From the fridge or freezer, reheat in a skillet over medium heat until warmed and sauce thickens again.
- Microwave: From the fridge, microwave for 2 minutes, stirring halfway.

Reinvent Leftovers

- Shred into wraps with lettuce and mayo.
- Serve over fried rice or noodles.
- Use as a pizza topping with extra sauce.



Quick and Easy Pasta Soup



Grocery List

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon rosemary, chopped
- 1 tablespoon tomato puree
- 800 g (28 oz) chopped tomatoes, 2 x 400g tins
- 500 ml (2 cups) vegetable stock, made with 1 stock cube
- 250 g (½ lb) tortellini, any variety
- 200 g (6 cups) spinach
- 250 ml (1 cups) single cream
- ½ bunch basil leaves, chopped
- 2 tablespoons parmesan, optional



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze without pasta for up to 2 months. Add fresh pasta when reheating.

Reheat

- Stovetop: From the fridge or freezer, reheat in a saucepan over medium heat. Add stock or water if too thick.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Blend for a creamy tomato-vegetable soup.
- Add beans or cooked chicken for extra protein.
- Use as a base for minestrone-style stew.



Quick and Easy Sausage Traybake

Grocery List

- 6 (6) sausages, any type
- 1 (1) red onion, cut into wedges *See notes
- 2-4 cloves (2-4 cloves) garlic, minced
- 8-10 (8-10) cherry tomatoes
- 2 (2) bell peppers, seeds removed and chopped *See notes
- 1 teaspoon (1 teaspoon) dried basil
- 1 teaspoon (1 teaspoon) dried oregano
- 2 teaspoons (2 teaspoons) chicken and steak seasoning
- 200 g (7 oz) mini potatoes cut in half
- 2 tablespoons (2 tablespoons) olive oil
- salt and pepper
- 350 ml (11 5/8 fl oz) chicken stock made with a chicken stock cube dissolved in boiling water

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze sausages and roasted vegetables separately for up to 2 months.

Reheat

- Oven: From the fridge or freezer, reheat at 180°C for 10–12 minutes until hot.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Slice sausages and mix with pasta.
- Use roasted vegetables in salads or wraps.
- Turn into a hash with fried eggs on top.



The BEST Healthy Vegetarian Enchiladas

Grocery List

For the Vegetables:

- 500 g (4 $\frac{3}{4}$ cups) cauliflower (1 small), cut into florets
- 200 g (1 $\frac{1}{2}$ cups) sweet potato (1 small), peeled and chopped into 2 cm cubes
- 1 red onion, thinly sliced
- 1 red pepper, seeds removed and thinly sliced
- 150 g (1 cup) sweet corn, drained
- 395 g (14 oz) kidney beans, drained and rinsed
- 2 tablespoons olive oil

For the Spice Mix:

- 1 teaspoon chilli powder
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon paprika

For the Enchilada Sauce:

- 2 tablespoons olive oil
- 2 tablespoons plain flour
- 2 tablespoons chilli powder, *see notes
- 1 teaspoon garlic granules
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon dried oregano
- 2 tablespoons tomato puree
- 300 ml (1 $\frac{1}{4}$ cups) vegetable stock

For Baking:

- 6-8 small flour tortillas
- 150 g (1 $\frac{1}{4}$ cups) cheddar, grated
- 150 g (1 $\frac{1}{4}$ cups) mozzarella, grated

For Serving:

- 1 avocado, sliced
- $\frac{1}{2}$ bunch fresh coriander, chopped

Recipe Storage and Reheat Tips

Storage

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

Reheat

- Oven: From the fridge or freezer, reheat covered with foil at 180oC until bubbling.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Chop into bite-size pieces and use as nacho topping.
- Add to a rice bowl with avocado and salsa.
- Serve with fried eggs for a Mexican-inspired breakfast.



Easy One Pot Rice and Peas

Grocery List

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- ½ - 1 red chili, sliced (adjust according to spice tolerance)
- ½ teaspoon Cajun spice
- 1 teaspoon chicken seasoning
- 1- inch piece ginger, grated
- 4 sprigs thyme, leaves picked
- 400 g (14 oz) tin red kidney beans, drained and rinsed
- 1 vegetable stock cube dissolved in 100 ml boiling water
- 400 ml (1 ¾ cups) tin light coconut milk
- 200 g (1 cup) basmati rice, rinsed until the water runs clear
- 3 green onions, sliced

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 1 month.

Reheat

- Stovetop: From the fridge or freezer, reheat in a skillet with a splash of water or stock, stirring frequently.
- Microwave: From the fridge, microwave for 2 minutes, stirring halfway.

Reinvent Leftovers

- Serve as a side with grilled meat or fish.
- Turn into fried rice with soy sauce and vegetables.
- Use as a stuffing for peppers or tomatoes.

