



Savvy Bites 

# Aldi Meal Plan

— WEEK 177 —



# This Week's Recipes



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# Easy 30-Minute Butternut Squash Curry



## Grocery List

- 2 tablespoons olive oil or vegetable oil
- 1 thumb-sized piece of ginger, grated
- 1 yellow onion, chopped
- 4 cloves garlic, grated
- 3 tablespoons Thai red curry paste
- 1 ½ tablespoons curry powder
- 2 teaspoons turmeric
- 1 ½ teaspoons cumin
- 200 g (1 cup) red lentils, rinsed
- 150 g (1 cup) butternut squash, chopped into 2.5 cm cubes
- 125 g (4 cups) baby spinach
- 250 g (1 ½ cups) cherry tomatoes, leave whole or cut in half depending on size
- 800 ml vegetable broth or water



## 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: Warm over medium heat with a splash of water or coconut milk until heated through.
- Microwave: Heat for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Serve over rice or quinoa for an easy meal prep lunch.
- Blend into a soup for a creamy, spiced twist.
- Use as a filling for wraps or flatbreads.



# Easy 30 Minute Chicken Pesto Pasta

## Grocery List

- 450 g (1 lb) chicken breast, cut into chunks
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 225 g (3 cups) brown mushrooms, sliced
- 240 ml (1 cup) chicken broth
- 240 ml (1 cup) sour cream
- 30 g (¼ cup) all-purpose flour
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Cooked egg noodles or rice, for serving

## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended, as pesto can lose its fresh flavor.

### Reheat

- Stovetop: Reheat in a pan over low heat with a splash of olive oil or water to loosen the sauce.
- Microwave: Warm for 1–2 minutes, stirring halfway through.

### Reinvent Leftovers

- Serve cold as a pasta salad with cherry tomatoes and arugula.
- Add shredded chicken and mozzarella, then bake for a quick pasta bake.
- Stuff into wraps or pitas for a pesto-chicken lunch.



# Easy Asian Pork Meatballs With Sticky Ginger Glaze



## Grocery List

- 500 g (2 cups) turkey mince (ground turkey)
- ½ bunch (½ bunch) coriander (cilantro), chopped
- 3 (3) garlic cloves, grated or minced
- 2 tablespoons (2 tablespoons) fresh ginger, minced
- 2 tablespoons (2 tablespoons) oil, for searing the meatballs

For the sauce

- 1 (1) small brown onion, finely diced
- 100 g (3 ½ oz) Thai red curry paste
- 400 g (1 ⅔ cups) tin full fat coconut milk
- juice of 1 lime
- ½ bunch (½ bunch) bunch fresh basil, chopped
- ½ bunch (½ bunch) bunch fresh coriander, chopped
- ½ teaspoon (½ teaspoon) chili flakes, optional
- 3 (3) spring onions, finely sliced



## 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: Warm in a skillet over medium heat until the glaze is bubbling and the meatballs are hot.
- Microwave: Reheat for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over rice or noodles with stir-fried vegetables.
- Use as a filling for lettuce wraps.
- Slice and add to a banh mi-style sandwich.



# The Best Creamy Seafood Chowder

## Grocery List

- 1 small head cauliflower, leaves removed and cut into florets (about 4-5 cups)
- 2 tablespoons butter
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 yellow onion, chopped
- 3 sprigs fresh thyme, leaves picked
- 2 small carrots, chopped
- 1 courgette, chopped (no need to peel)
- 250 ml (1 cup) whole milk
- 750 ml (3 cups) vegetable stock
- 100 g (1 cup) shredded cheddar, plus more for serving
- 1 teaspoon mixed spice
- ¼ teaspoon chilli powder

## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not ideal, as dairy-based soups can separate when frozen.

### Reheat

- Stovetop: Gently reheat over low heat, stirring often until warmed through.
- Microwave: Heat for 1–2 minutes, stirring halfway through.

### Reinvent Leftovers

- Serve with crusty bread for a comforting lunch.
- Pour over rice or mashed potatoes for a heartier meal.
- Add extra vegetables or corn to stretch into another serving.



# The Ultimate Easy Crispy Roasted Sweet Potatoes

## 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 1 month, though texture may soften slightly.

### Reheat

- Oven: Reheat at 200°C (400°F) for 10–12 minutes to regain crispiness.
- Air Fryer: Heat for 5 minutes at 180°C (350°F).

### Reinvent Leftovers

- Toss into salads or grain bowls.
- Mash and turn into patties for veggie burgers.
- Use as a filling for tacos or breakfast burritos.

