



Savvy Bites 

Aldi Meal Plan

— WEEK 175 —



This Week's Recipes



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Extra Crispy Easy Air Fryer Chicken Thighs

Grocery List

- 1 kg 2 pounds boneless, skinless chicken thighs
- 2 tablespoons garlic powder
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- 1 tablespoon nonstick cooking spray, olive oil

Recipe Storage and Reheat Tips

Storage

- Fridge: Store cooked chicken thighs in an airtight container for up to 4 days.
- Freezer: Freeze for up to 2 months. Allow to cool fully before freezing.

Reheat

- Air Fryer or Oven: From the fridge or freezer, reheat at 180oC for 6–8 minutes until hot and crispy.
- Microwave: From the fridge, microwave for 1–2 minutes. Skin may lose crispiness.

Reinvent Leftovers

- Slice into wraps or sandwiches with mayo and lettuce.
- Chop and toss into salads for extra protein.
- Shred and mix with BBQ sauce for quick pulled chicken.



The Best And Easiest Gnocchi Bake

Grocery List

- 500 g (1 lb) potato gnocchi
- 2 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 500 g (18 oz) passata
- 250 g (1 cup) ricotta
- 3 sprigs rosemary, finely chopped
- ½ bag baby spinach, washed
- 140 g (1 ¼ cups) fresh mozzarella, sliced
- 200 g (2 cups) Parmesan, grated (optional)

Recipe Storage and Reheat Tips

Storage

- Fridge: Store leftovers in an airtight container for up to 3 days.
- Freezer: Freeze before baking for up to 2 months. Bake straight from frozen, adding extra time.

Reheat

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

Reinvent Leftovers

- Serve with a fried egg and herbs on top.
- Mix with sautéed spinach for a quick lunch.
- Use as a side for roasted chicken or fish.



Easy One Pot Mexican Rice

Grocery List

- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 onion, diced
- 250 g (1 ½ cups) basmati or white rice
- 750 ml (3 cups) vegetable or chicken broth, or water
- 400 g (14 oz) tin crushed tomatoes
- 250 g (1 ½ cups) corn, tinned, fresh, or frozen
- 1 large carrot, diced
- 1 courgette (zucchini), diced
- 75 g (½ cup) frozen peas
- ½ teaspoon chili powder
- 1 teaspoon cumin powder
- 1 tablespoon tomato puree

For serving:

- Chopped coriander
- Tortilla chips
- Lime wedges

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 pan with a splash of water or stock, stirring occasionally.
- Microwave: From the fridge, microwave for 2 minutes, stirring halfway.

Reinvent Leftovers

- Turn into burritos or tacos.
- Mix with scrambled eggs for a breakfast burrito.
- Add beans and cheese for a quick Mexican rice bowl.



Easy 30 Minute Red Thai Prawn Curry

Grocery List

- 300 g (¾ lb) raw shrimp, peeled and deveined
- 2 tablespoons olive oil, separated
- 3 tablespoons Thai red curry paste
- 400 ml (14 fl oz) coconut milk, full-fat
- 1 red onion, thinly sliced
- Egg noodles, or rice noodles *See notes
- 2 tablespoons honey
- 1 lime, zest and juice
- 1 courgette, cut in half lengthways then sliced
- sweet corn, fresh, frozen, or tinned
- ½ bunch basil
- 1 tablespoon soy sauce, optional

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze for up to 1 month. Defrost overnight in the fridge before reheating.

Reheat

- Stovetop: From the fridge or freezer, reheat gently over medium-low heat until warmed through.
- Microwave: From the fridge, microwave for 2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over noodles instead of rice.
- Add extra vegetables for a prawn curry soup.
- Spoon over baked potatoes for a flavourful twist.



Easy Chinese Lettuce Wraps with Peanut Sauce

Grocery List

- 500 g (1 lb) ground chicken or boneless, skinless chicken breast
- 1 head of Butterhead, Green Leaf, or Romaine lettuce, leaves separated
- 75-100 g (1 cup) mixed vegetables, carrots and bell peppers, finely diced
- 60 ml (¼ cups) peanut butter, *see notes
- 2 tablespoons soy sauce
- 1 tablespoon Sriracha sauce
- 2 tablespoons oil, peanut, olive, or avocado oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, minced
- 2 green onions, thinly sliced
- Fresh cilantro for garnish
- Crushed peanuts for garnish
- Lime wedges for serving

Recipe Storage and Reheat Tips

Storage

- Fridge: Store filling and sauce separately in airtight containers for up to 3 days.
- Freezer: Freeze filling only (no lettuce) for up to 1 month.

Reheat

- Stovetop: From the fridge or freezer, reheat filling in a skillet over medium heat, stirring often.
- Microwave: From the fridge, microwave filling for 1-2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over rice or noodles for an easy meal.
- Use as a filling for tacos or rice paper rolls.
- Mix with eggs for quick lettuce wrap fried rice.

