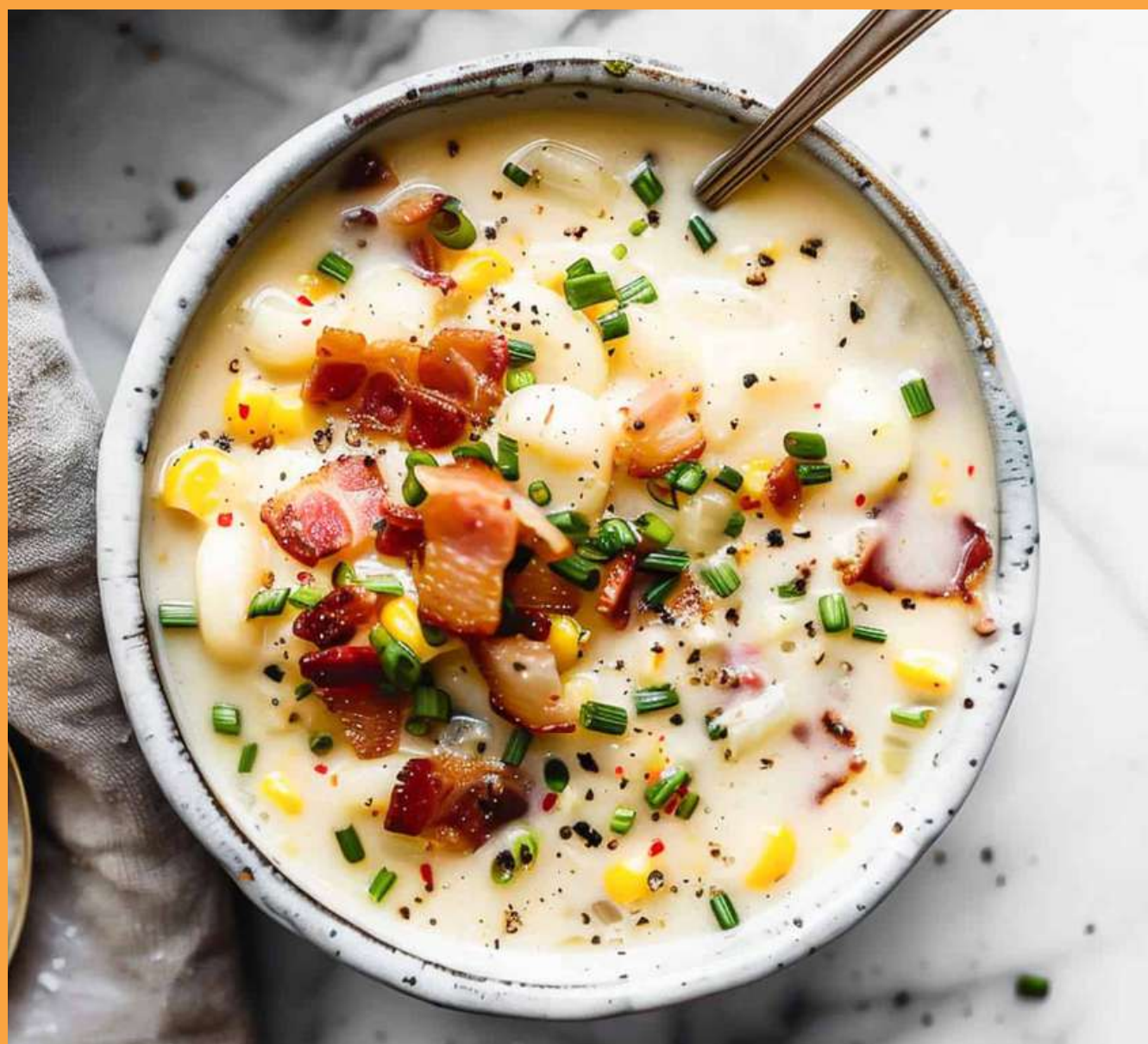




Savvy Bites 

Aldi Meal Plan

— WEEK 178 —



This Week's Recipes



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Easy Slow Cooker Lamb Tagine

Grocery List

- 600 g (1 ½ lb) diced lamb
- 2 tablespoons vegetable oil
- 1 brown onion, diced
- 4 cloves garlic, minced
- 1- inch piece fresh ginger, grated

Spice Blend:

- ½ tablespoon cumin
- 1 tablespoon ground coriander
- ¼ teaspoon cinnamon
- 1 teaspoon paprika
- 1 tablespoon tomato puree
- 200 ml (1 cup) beef stock, made with a stock cube
- 400 g (14 oz) tin chopped tomatoes
- 400 g (14 oz) tin chickpeas, drained
- 20 g (2 tablespoon) dried apricots, chopped
- 15 g (1 tablespoon) dried dates, chopped
- 1 tablespoon honey
- Squeeze of lemon

For Serving:

- Greek yoghurt
- Flaked almonds, toasted
- Chopped coriander
- Pomegranate

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: Reheat gently over medium heat, adding a splash of water or stock to loosen the sauce.
- Microwave: Warm for 2–3 minutes, stirring halfway through.

Reinvent Leftovers

- Serve over couscous or rice for a quick meal.
- Shred the lamb and use it in wraps or flatbreads with yogurt and herbs.
- Mix with roasted vegetables for a Moroccan-inspired grain bowl.



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 components separately — salad in an airtight container for up to 3 days, cooked halloumi for 2 days.
- Freezer: Not recommended.

Reheat

- Stovetop: Reheat halloumi in a dry pan over medium heat until warm and slightly crisp again.
- Microwave: Not recommended as halloumi can become rubbery.

Reinvent Leftovers

- Add grains like quinoa or couscous to turn it into a hearty bowl.
- Use leftover halloumi in wraps or sandwiches with hummus and veggies.
- Top on avocado toast for a quick, protein-packed breakfast.



Easy Crispy Pan Fried Gnocchi

Grocery List

- 500 g (2 cups) gnocchi
- 30 g (1 oz) unsalted butter
- 30 ml (1 floz) olive oil
- 2 cloves (2 cloves) garlic, minced
- 60 g (2 1/8 oz) Grana Padano or Parmesan, finely grated
- 1 teaspoon (1 teaspoon) crushed chili flakes, optional
- Fresh parsley, chopped for garnish

Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended once cooked.

Reheat

- Stovetop: Reheat in a skillet with a touch of butter or olive oil until crisp again.
- Microwave: From the fridge, heat for 1–2 minutes, though gnocchi may soften.

Reinvent Leftovers

- Toss into a salad with roasted vegetables and pesto.
- Add to soup for a hearty twist.
- Mix with tomato sauce and cheese, then bake for a quick gnocchi bake.



Easy 30 Minute Coconut Salmon Curry

Grocery List

- 500 g (1 lb) salmon fillets, 2 salmon fillets with skin on
- For the spice rub
 - 1 tablespoon demerara sugar
 - 1 teaspoon curry powder
 - pinch ground ginger
 - 1 teaspoon garlic powder
 - pinch sea salt
- 400 ml (14 oz) coconut milk , full fat or low fat is fine
- 2 teaspoons soy sauce
- 1 lime, juice only
- 100 g (3 cups) fresh spinach, washed and chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh coriander, chopped

For the sauce

- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 2 tablespoons fresh ginger, minced
- 2 tablespoons demerara sugar
- 1 tablespoon Thai red curry paste

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: Gently reheat over low heat, adding a splash of coconut milk to refresh the sauce.
- Microwave: Heat for 1–2 minutes, stirring halfway through.

Reinvent Leftovers

- Serve over rice noodles for a curry noodle bowl.
- Flake the salmon and use in wraps or rice bowls.
- Pour over roasted vegetables for a quick curry-style side.



The Best Sweetcorn Chowder

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 3 days.
- Freezer: Freeze for up to 2 months.

Reheat

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

Reinvent Leftovers

- Serve with crusty bread or cornbread for a cozy meal.
- Use as a sauce over baked potatoes or rice.
- Add extra vegetables or shredded chicken to stretch it into another serving.

