



Savvy Bites 

# Aldi Meal Plan

— WEEK 181 —





# This Week's Recipes



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# Easy One Pot Mexican Chicken

## Grocery List

For the Chicken:

- 600 g chicken breast mini fillets, or chicken breast
- Salt and pepper, to taste

For the Sauce:

- 2 tablespoons olive oil
- 85 g smoked pancetta
- 1 yellow onion, diced
- 2-3 cloves garlic, minced
- 1 sprig fresh rosemary, finely chopped
- 2 sprigs fresh thyme, leaves picked
- 1 red bell pepper, finely chopped
- 2 sun-dried tomatoes, chopped
- 400 g tin chopped tomatoes
- 1 teaspoon tomato puree

## 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, adding a splash of water or stock to loosen the sauce.
- Microwave: Heat 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Shred chicken for tacos, burritos, or quesadillas.
- Serve over rice or with roasted vegetables.
- Add beans and turn into a quick burrito bowl.



# Easy One Pot Creamy Tomato Pasta

## Grocery List

- 250 g (½ lb) uncooked spaghetti
- 500 g (1 lb) fresh tomatoes, chopped (or use 1 x 400 g tin of chopped tomatoes)
- 2 tablespoon olive oil
- 3 cloves garlic, minced
- 1 onion, finely chopped
- 500 ml (2 cups) chicken or vegetable stock, use stock cube for convenience
- 150 ml (¾ cups) double cream
- ½ bunch fresh basil

## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze up to 2 months (sauce may need a splash of cream when reheated).

### Reheat

- Stovetop: Reheat gently over low heat, adding milk/cream or pasta water to loosen.
- Microwave: Heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Add cooked chicken or sausage for a protein boost.
- Bake with cheese for a quick pasta bake.
- Stir in spinach or roasted veggies for a new flavor.



# Easy 30 Minute Coconut Salmon Curry

## Grocery List

- 500 g (1 lb) salmon fillets, 2 salmon fillets with skin on
  - 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 spice rub
- 1 tablespoon demerara sugar
  - 1 teaspoon curry powder
  - pinch ground ginger
  - 1 teaspoon garlic powder
  - pinch sea salt
- 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 2 days.
- Freezer: Freeze for up to 1 month (texture may soften slightly).

### Reheat

- Stovetop: Reheat on low, stirring gently. Add coconut milk or broth if thickened.
- Microwave: Warm for 1 minute at medium power to avoid overcooking salmon.

### Reinvent Leftovers

- Serve over jasmine rice or noodles.
- Flake salmon into a rice bowl with veggies.
- Use as a curry soup base by adding extra broth.



# Easy 30 Minute Moroccan CousCous

## Grocery List

For the Couscous:

- 200 g (1 cup) couscous
- 240 ml (1 cup) vegetable broth
- 100 g (3 cups) fresh spinach, chopped
- 50 g (¼ cups) capers, rinsed
- 100 g (¾ cup) sundried tomatoes, chopped
- 2 chargrilled red peppers, sliced
- 400 g (14 oz) tin chickpeas
- 2 cloves garlic, minced
- 2 tablespoon olive oil
- Salt and pepper to taste

For the Lemon Vinaigrette:

- 60 ml (¼ cup) extra virgin olive oil
- 2 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- Salt and pepper to taste

## 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: Warm gently in a pan with a splash of water or stock.
- Microwave: Heat 1–2 minutes, fluffing halfway.

Reinvent Leftovers

- Add chickpeas or grilled chicken for a fuller meal.
- Serve cold as a couscous salad with lemon + herbs.
- Use as a base for roasted vegetable bowls.



# Easy Honey Garlic Roast Pork Belly Slices

## Grocery List

- 500 g (1 lb) pork belly slices
- sea salt
- For the sticky honey garlic sauce
- 115 ml (3 7⁄8 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 up to 2 months.

### Reheat

- Oven: Reheat at 180°C (350°F) for 8–10 minutes to keep skin crisp.
- Microwave: Heat 1–2 minutes, though skin may soften.

### Reinvent Leftovers

- Slice into fried rice or stir-fry.
- Serve in bao buns or sandwiches with slaw.
- Add to ramen or noodle bowls.

