



Savvy Bites

Aldi Meal Plan

WEEK 182



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Beef Cobbler With Cheddar Scones



Grocery List

- 1 tablespoon (1 tablespoon) olive oil or vegetable oil
- 400 g (1 2/3 cups) lean diced beef, any kind of stewing beef
- 1 (1) yellow onion, chopped
- 3 cloves (3 cloves) garlic, minced
- 4 (4) carrots peeled and chopped
- 5 (5) sticks celery, chopped
- 2 tablespoons (2 tablespoons) plain flour
- 2 tablespoons (2 tablespoons) tomato puree
- 1 teaspoon (1 teaspoon) English mustard
- 1 tablespoon (1 tablespoon) Worcestershire sauce
- 300 ml (1 1/5 cups) red wine
- 600 ml (2 2/5 cups) beef stock made from a stock cube
- For the scones
- 200 g (1 1/2 cups) plain flour
- 1 1/2 tablespoons (1 1/2 tablespoons) baking powder
- 80 g (2 5/6 oz) strong cheddar, grated
- 70 g (2 1/2 oz) cold butter, cubed
- 2 tablespoons (2 tablespoons) milk
- 1/2 (1/2) bunch parsley, chopped



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze (meat + sauce only) for up to 2 months. Scones freeze well separately.

Reheat

- Oven: Reheat at 180°C (350°F) for 15–20 minutes until warmed through.
- Microwave: Heat 2–3 minutes, though scones may soften.

Reinvent Leftovers

- Serve beef filling over mashed potatoes or rice.
- Crumble leftover scones on top of a vegetable soup.
- Turn into a beef pot pie by adding puff pastry.



Easy 20 Minute Halloumi Salad



Grocery List

For the Salad:

- 200 g couscous
- 250 g halloumi, sliced
- 1 cucumber, diced
- 2 tbsp olive oil, for frying
- Fresh herbs, optional, for garnish

For the Orange Vinaigrette:

- $\frac{1}{4}$ cup fresh orange juice
- $\frac{1}{4}$ cup olive oil
- 1 tbsp honey
- 1 tbsp white wine vinegar
- 1 tsp Dijon mustard
- Salt and pepper to taste



Recipe Storage and Reheat Tips

Storage

- Fridge: Store components separately for 2–3 days. Halloumi keeps best when stored un-fried.
- Freezer: Not recommended.

Reheat

- Halloumi: Re-pan-fry 1–2 minutes per side or microwave 20–30 seconds.
- Veggies: Serve chilled or room temp—no reheating needed.

Reinvent Leftovers

- Add to a wrap with hummus.
- Toss with cooked couscous or quinoa for a fuller meal.
- Top with a fried egg for a quick brunch.



Easy One Pot Sausage and Bean Casserole



Grocery List

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2-4 cloves garlic, minced
- 1 teaspoon thyme leaves, fresh or dried
- 150 ml (3/4 cups) white wine, optional
- 250 ml (1 cup) chicken stock, 1 stock cube dissolved in boiling water
- 400 g (14 oz) tin butter beans, drained and rinsed
- 300 g (4 cups) baby spinach, washed
- 6 Cumberland or Lincolnshire sausages
- Zest of 1 lemon
- 25 g (1/4 cup) breadcrumbs made from stale bread or crackers
- 2 tablespoons crème fraîche or sour cream
- 20 g (1/4 cup) parmesan, grated



Recipe Storage and Reheat Tips

Storage

- Fridge: Store up to 4 days.
- Freezer: Freeze for up to 2 months.

Reheat

- Stovetop: Simmer gently with a splash of water if thick.
- Microwave: Heat 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over baked potatoes or rice.
- Spoon onto toast for a quick brunch.
- Add pasta or gnocchi to turn it into a hearty one-pot meal.



Sweet and Sour Chicken



Grocery List

Chicken:

- 500 g (1 lb) boneless, skinless chicken breast, diced into 2.5 cm cubes
- 6 tablespoons ($\frac{1}{3}$ cup) cornstarch
- 50 ml ($\frac{1}{4}$ cup) vegetable oil for frying
- Salt and pepper to taste

Vegetables:

- 1 onion, thinly sliced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped

Sauce:

- 6 tablespoons ($\frac{1}{3}$ cup) ketchup
- 2 tablespoons cider vinegar
- 6 tablespoons ($\frac{1}{3}$ cup) demerara or brown sugar
- 1 tablespoon soy sauce
- 1 tablespoon fresh ginger, grated
- 2 cloves garlic, grated
- 432 g (15 $\frac{1}{4}$ oz) tin pineapple pieces, drained (reserve the juice)



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for 3 days.
- Freezer: Freeze for up to 2 months (sauce may thicken).

Reheat

- Stovetop: Reheat on low with a little water to loosen.
- Microwave: Heat 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Serve in lettuce wraps.
- Add to fried rice or noodle stir-fries.
- Use as a topping for a quick rice bowl.



Easy 30 Minute Turkish Lentil Soup



Grocery List

- 2 tbsp vegetable oil
- 1 brown onion, diced
- 3 cloves garlic, minced
- 2 small carrots, peeled and diced
- 1 tbsp tomato paste
- 190 g (1 cup) red lentils
- 1 tsp ground cumin
- 1 ½ tsp paprika
- 900 ml (3 ¾ cups) vegetable stock
- Juice of 1/2 lemon

For Serving:

- Fresh mint leaves
- Chopped pistachios
- Crème fraîche or Greek yogurt
- Cracked black pepper



Recipe Storage and Reheat Tips

Storage

- Fridge: Keep up to 4 days.
- Freezer: Freeze for up to 3 months.

Reheat

- Stovetop: Warm over medium heat, adding water if too thick.
- Microwave: Heat 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over rice for a thicker, filling meal.
- Use as a base for a veggie stew by adding greens and chickpeas.
- Turn into a pasta soup by adding small cooked pasta.

