



Savvy Bites 

# Aldi Meal Plan

— WEEK 183 —





# This Week's Recipes



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# Chinese Lemon Chicken

## Grocery List

- 500 g (1 lb) boneless skinless chicken breast, cut into 1 inch pieces
- Marinade Ingredients
- 2 tablespoons soy sauce
- 2 tablespoons white wine vinegar
- 1 large egg
- 150 g (1 cup) cornstarch
- 100 ml (¼ cup) vegetable oil
- For the lemon sauce
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 tablespoon cornstarch dissolved in 1 tablespoon water
- 2 tablespoons fresh ginger, grated
- 2 tablespoons (2 tablespoons) honey
- 80 ml (⅓ cup) chicken broth using 1/2 a stock cube, or use fresh
- 80 ml (⅓ cup) light soy sauce
- 1 lemon, juice & zest

## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze chicken and sauce separately for up to 2 months.

### Reheat

- Stovetop: Warm gently in a pan; add a splash of water if the sauce thickens.
- Microwave: Heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Toss into a noodle stir fry.
- Serve in lettuce wraps.
- Add to fried rice for a quick lemon chicken rice bowl.



# Spinach Ricotta Pasta

## Grocery List

- 500 g (2 cups) spaghetti
- 2 tablespoons (2 tablespoons) olive oil
- 2 cloves (2 cloves) garlic
- 175-225 ml (6 floz) single cream
- 250 g (8 5/6 oz) full-fat ricotta
- 50 g (1 3/4 oz) grated parmesan
- 175 g (5 1/2 cups) spinach washed
- zest and juice of 1 lemon
- 1 teaspoon (1 teaspoon) pasta seasoning
- 1/4 teaspoon (1/4 teaspoon) chili flakes
- 2 tablespoons (2 tablespoons) chopped fresh parsley

## Recipe Storage and Reheat Tips

Spinach Ricotta Pasta

Storage

- Fridge: Store for 3–4 days.
- Freezer: Not ideal due to dairy separation.

Reheat

- Stovetop: Add a splash of pasta water or milk to loosen the sauce.
- Microwave: Heat 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Bake topped with mozzarella for a quick pasta bake.
- Stir into soup to add creaminess.
- Add cherry tomatoes and turn into a cold pasta salad.



# Easy One Pot Rice and Peas

## Grocery List

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- ½ – 1 red chili, sliced (adjust according to spice tolerance)
- ½ teaspoon Cajun spice
- 1 teaspoon chicken seasoning
- 1- inch piece ginger, grated
- 4 sprigs thyme, leaves picked
- 400 g (14 oz) tin red kidney beans, drained and rinsed
- 1 vegetable stock cube dissolved in 100 ml boiling water
- 400 ml (1 ¾ cups) tin light coconut milk
- 200 g (1 cup) basmati rice, rinsed until the water runs clear
- 3 green onions, sliced

## 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.



# Easy One Pot Cauliflower Curry



## Grocery List

- 1 medium cauliflower, cut into florets
- 200 grams (6 cups) fresh spinach, roughly chopped
- 1 large onion, finely chopped
- 3 garlic cloves, minced
- 2.5 cm piece of ginger, minced
- 400 g (14 oz) diced tomatoes
- 400 ml (14 oz) coconut milk
- 250 ml (1 cups) vegetable broth
- 2 tablespoons vegetable oil
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon garam masala
- ½ teaspoon red chili powder, adjust to taste
- Salt to taste
- Fresh cilantro, chopped (for garnish)



## Recipe Storage and Reheat Tips

### Storage

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

### Reheat

- Stovetop: Simmer on low with a splash of water if thick.
- Microwave: Heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Serve over baked potatoes.
- Add chickpeas or lentils to stretch into another meal.
- Use as a sauce over rice or roasted vegetables.



# Easy Margherita Pizza

## Grocery List

### For the Pizza Dough

- 400 g (1 ¾ cups) strong flour
- 7 g (2 tbsp) sachet yeast
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- 225 ml (1 cup) warm water
- 1 tablespoon honey

### For the Pizza Sauce

- 500 g (2 cups) passata
- 4 tablespoons tomato puree
- 2 teaspoons garlic granules
- 1 tablespoon oregano
- 1 tablespoon basil
- 2 teaspoons olive oil
- 1 teaspoon honey or sugar
- Optional: chilli flakes

### To Assemble the Pizza

- ½ quantity of pizza dough
- ⅓ quantity of homemade pizza sauce
- 50 g (½ cup) shredded mozzarella
- 1 ball fresh mozzarella
- Basil leaves

## Recipe Storage and Reheat Tips

### Storage

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

### Reheat

- Oven/Air Fryer: Heat at 180°C (350°F) for 5–8 minutes to crisp.
- Microwave: Heat 30–45 seconds (softer crust).

### Reinvent Leftovers

- Cut into strips for pizza dippers with marinara.
- Chop and mix into a quick pizza salad bowl.
- Use as a topping for a cheesy pizza omelette.

