



Savvy Bites

Aldi Meal Plan

WEEK 183



This Week's Recipes



Chinese Lemon Chicken



Spinach Ricotta Pasta



Easy One Pot Rice and Peas



Easy One Pot Cauliflower Curry



Easy Margherita Pizza

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 ½ oz) full-fat ricotta
- 50 g (1 ¼ oz) grated parmesan
- 175 g (5 ½ cups) spinach washed
- zest and juice of 1 lemon
- 1 teaspoon (1 teaspoon) pasta seasoning
- ¼ teaspoon (¼ 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
- $\frac{1}{2}$ – 1 red chili, sliced (adjust according to spice tolerance)
- $\frac{1}{2}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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

- $\frac{1}{2}$ quantity of pizza dough
- $\frac{1}{3}$ quantity of homemade pizza sauce
- 50 g ($\frac{1}{2}$ 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.

