



Savvy Bites 

# Aldi Meal Plan

— WEEK 184 —





# This Week's Recipes



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# The Best Beef and Ale Stew

## Grocery List

- 1 kg (2 ¼ lb) beef brisket
- 2 tablespoons vegetable oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- 2 medium carrots, peeled and chopped (see notes)
- 3 sticks celery, chopped
- 2 tablespoons flour
- 1 tablespoon tomato puree
- 300 ml (1 ¼ cups) dark ruby ale
- 400 ml (1 ¾ cups) beef stock, made with a stock cube
- 1 bay leaf
- 1 tablespoon Worcestershire sauce
- Salt to taste

## 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: Simmer gently until heated through.
- Microwave: Heat 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Serve over mashed potatoes or noodles.
- Turn into a beef pot pie—top with puff pastry and bake.
- Spoon over toasted bread for an open-faced stew sandwich.



# Quick and Easy Sticky Chicken

## Grocery List

For the chicken

- 500 g (1 lb) boneless skinless chicken
- 2 tablespoons corn starch or flour \*See note 1
- 2 tablespoons vegetable or olive oil
- 1 red bell peppers, thinly sliced

For the sauce

- 150 ml ( $\frac{3}{4}$  cups) soy sauce
- 75 ml ( $\frac{1}{3}$  cups) honey
- 1 tablespoon white wine vinegar
- 120 g ( $\frac{1}{2}$  cups) sachet oyster sauce, optional
- 2 cloves garlic
- 1- inch piece grated ginger

For serving

- chopped peanuts
- sliced green onion

## Recipe Storage and Reheat Tips

Storage

- Fridge: Keeps for 3–4 days.
- Freezer: Freeze chicken and sauce together for up to 2 months.

Reheat

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

Reinvent Leftovers

- Serve in rice bowls with veggies.
- Add to stir-fried noodles.
- Use in lettuce cups for a lighter meal.



# Easy Vegetarian Stuffed Pasta Shells



## Grocery List

For the Pasta Shells:

- 20 large pasta shells
- For the Filling:
  - 250 g (1 cup) tub mascarpone
  - 85 g (1/3 cup) red pepper sauce
  - 300 g (4 cups) spinach, wilted

For the Sauce:

- 1 onion, diced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 500 g (2 cups) tomato passata
- 200 ml (1 cup) vegetable stock, made with a stock cube

For the Topping:

- 175 g (1 1/2 cups) shredded mozzarella



## Recipe Storage and Reheat Tips

Storage

- Fridge: Store for 3–4 days.
- Freezer: Freeze in a baking dish for up to 2 months.

Reheat

- Oven: Bake at 180°C (350°F) for 15–20 minutes.
- Microwave: Heat 1–2 minutes, checking the filling is hot.

Reinvent Leftovers

- Chop the shells and mix into a baked pasta casserole.
- Add extra sauce and turn into a creamy pasta soup.
- Serve with garlic bread for a quick lunch.



# Slow Cooker Chicken Korma

## Grocery List

### For the Marinade

- 175 g full-fat Greek yogurt
- 1 tbsp garam masala
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- ¼ tsp mild or medium curry powder
- 2 tsp turmeric, divided
- 1 tsp chili powder
- 1 tsp chili flakes
- Zest of 1 lemon
- Chicken
- 1 kg boneless, skinless chicken thighs, halved
- Salt and pepper, to season

### For the Base

- 1 medium yellow onion, chopped
- 1 shallot, finely chopped
- 6 cloves garlic, minced
- 2- inch piece of fresh ginger, minced
- 1 tbsp olive oil, plus more if needed
- 4 tbsp tomato paste
- 400 ml full-fat coconut milk

## Recipe Storage and Reheat Tips

### Storage

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

### Reheat

- Stovetop: Warm gently; add water if sauce has thickened.
- Microwave: Heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Serve over baked potatoes.
- Add chickpeas or veggies to stretch into another meal.
- Use as a sauce for rice bowls.



# Easy One Pot Creamy Coconut Chicken Curry

## Grocery List

### Chicken

- 500 g boneless, skinless chicken breast, diced

### Aromatics

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 ½ tablespoons tomato puree

### Spice Mix

- 2 ½ tablespoons curry powder
- 1 teaspoon turmeric
- 1 tablespoon demerara sugar

### For the Sauce

- 2 tablespoons dark soy sauce
- 400 g tin chopped tomatoes
- 400 ml tin coconut milk
- ½ bunch coriander, chopped
- 1 lime, juice only

## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store for 3–4 days.
- Freezer: Freeze for up to 2 months.

### Reheat

- Stovetop: Reheat on low, stirring occasionally.
- Microwave: Heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Serve with noodles for a quick curry noodle bowl.
- Add spinach or peas to bulk it up.
- Spoon over roasted veggies for an easy lunch bowl.

