



Savvy Bites

Aldi Meal Plan

WEEK 184



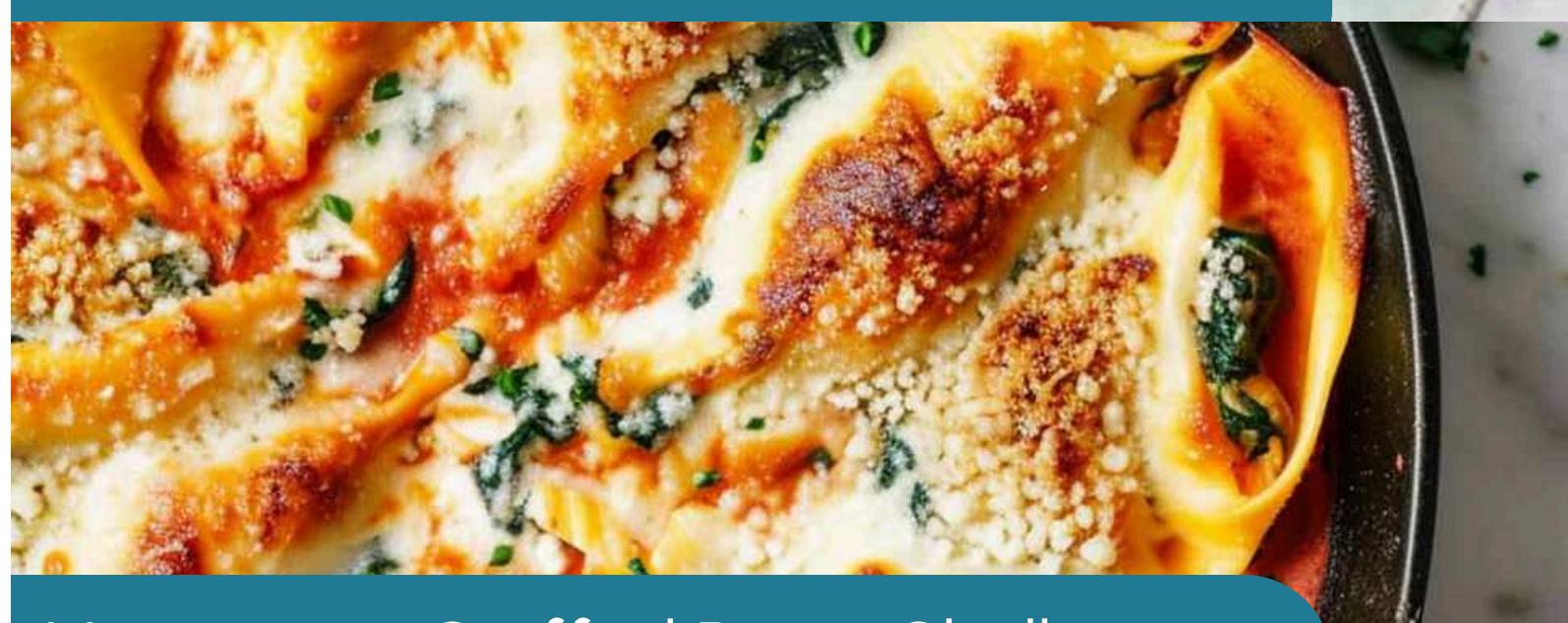
This Week's Recipes



The Best Beef and Ale Stew



Quick and Easy Sticky Chicken



Vegetarian Stuffed Pasta Shells



Slow Cooker Chicken Korma



One Pot Coconut Chicken Curry

The Best Beef and Ale Stew



Grocery List

- 1 kg (2 1/4 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 1/4 cups) dark ruby ale
- 400 ml (1 3/4 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.

