



Savvy Bites 

# Aldi Meal Plan

— WEEK 188 —



# This Week's Recipes



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# 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: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 3 months.

Reheat

- Stovetop: From fridge or freezer, reheat gently, stirring occasionally. Add water if thickened.
- Microwave: From the fridge, heat 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Blend smooth and serve with flatbread.
- Add cooked rice or bulgur to bulk it up.
- Use as a sauce base for roasted vegetables.



# 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:

- ¼ cup fresh orange juice
- ¼ 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 salad components separately for up to 3 days.
- Freezer: Not suitable for freezing.

Reheat

- Halloumi: Re-pan-fry for 1–2 minutes per side or microwave briefly.
- Salad: Best served cold or room temperature.

Reinvent Leftovers

- Add to wraps or pitas with hummus.
- Toss with grains for a hearty lunch bowl.
- Top with a poached or fried egg.



# Easy 15 Minute Bang Bang Chicken Noodles



## Grocery List

- 300 g (2/3 lb) chicken breast, boneless skinless
- 200 g (7 oz) brown rice noodles or another long noodle
- 1 tablespoon olive oil
- 1 red onion, thinly sliced
- 1 courgette (zucchini), peeled into ribbons and cut in half
- 2 small carrots, peeled into ribbons
- 1 red pepper, cut into match sticks
- 1 green jalapeño, finely diced
- 3 green onions, finely sliced
- 1/2 bunch (1/4 cup) fresh basil, chopped
- 1/2 bunch (1/4 cup) fresh coriander (cilantro), chopped

### For the sauce

- 120 g (1 1/4 cups) sachet oyster and spring onion sauce
- 2 tablespoons Sriracha chilli sauce
- 3 tablespoons dark soy sauce
- 2 tablespoons water
- 3 tablespoons roasted peanuts, chopped



## Recipe Storage and Reheat Tips

### Storage

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

### Reheat

- Stovetop: Reheat gently with a splash of water to loosen sauce.
- Microwave: From the fridge, heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Turn into spicy noodle soup with stock.
- Use as a filling for wraps or rice bowls.
- Add extra veg and serve over plain noodles.



# Easy One Pot Mushroom Stroganoff



## Grocery List

- 1 large onion, finely chopped (200g)
- 3 cloves fresh garlic, minced
- 500 g (1 lb) mixed mushrooms, sliced (cremini, portobello, shiitake)
- 1 tablespoon fresh thyme leaves
- 40 g ( $\frac{1}{3}$  cups) flour or gluten-free flour
- 500 ml (2 cups) vegetable stock or broth
- 200 g ( $\frac{3}{4}$  cups) sour cream or vegan sour cream
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)
- 300 g ( $\frac{2}{3}$  lb) pasta, wide egg noodles, or rice (gluten-free if necessary)



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store for up to 4 days.
- Freezer: Freeze for up to 2 months (texture may change slightly).

### Reheat

- Stovetop: Reheat gently, stirring often.
- Microwave: From the fridge, heat 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Spoon over baked potatoes.
- Add spinach or peas to freshen it up.
- Use as a sauce for stuffed crepes or wraps.



# 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 for up to 3 days.
- Freezer: Freeze beef filling for up to 2 months; scones freeze separately.

### Reheat

- Oven: From fridge or freezer, reheat at 180°C (350°F) until hot through.
- Microwave: Heat 2–3 minutes (scones will soften).

### Reinvent Leftovers

- Serve beef filling over mash or rice.
- Turn into a beef pie with puff pastry.
- Crumble leftover scones over soup or stew.

