



Savvy Bites 

# Aldi Meal Plan

— WEEK 185 —



# This Week's Recipes



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# Easy Slow Cooker Ham and Lentil Soup



## Grocery List

- 2 tablespoons olive oil
- 1 kg (2 lb) smoked gammon joint
- 175 g (1 cup) red lentils
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 sticks celery, sliced
- 1 leek, washed and finely sliced
- 2 large carrots, peeled and chopped
- 2 bay leaves
- 100 g (4 ½ cups) cavolo nero or kale, see notes
- 1.8 (7 cups) litres vegetable or chicken stock



## 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: Reheat over medium heat, stirring occasionally. Add a splash of water or stock if thickened.
- Microwave: Heat 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Serve over rice or mashed potatoes for a thicker, heartier meal.
- Add extra veg and turn it into a chunky stew.
- Use as a soup base and add small pasta or barley.



# 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 for 20–30 seconds.
- Salad: Best served cold or at room temperature.

Reinvent Leftovers

- Add to wraps or pita with hummus or tzatziki.
- Toss with couscous or quinoa for a filling lunch bowl.
- Top with a fried egg for a quick brunch.



# Chinese Lemon Chicken



## Grocery List

- 500 g (1 lb) boneless skinless chicken breast, cut into 1 inch pieces
- 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: Reheat gently in a pan, adding a splash of water if the sauce thickens.
- Microwave: Heat 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Add to fried rice or noodle stir-fry.
- Serve in lettuce cups for a lighter meal.
- Turn into a lemon chicken rice bowl.



# Easy Creamy Roasted Tomato Pasta



## Grocery List

- 6 roasted tomato halves or 1 tin, 400 g chopped tomatoes
- 75 g (¼ lb) smoked pancetta, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 115 ml (½ cups) single cream
- 115-200 ml (½ cups) water
- 150 g (3 cups) spinach
- 300 g (2 ½ cups) cooked pasta, e.g., tagliatelle, spaghetti, or penne
- Vegetable or olive oil, for cooking
- Salt and pepper to taste



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze for up to 2 months (add cream when reheating if needed).

### Reheat

- Stovetop: Reheat gently with a splash of milk, cream, or pasta water.
- Microwave: Heat 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Bake with mozzarella for a quick pasta bake.
- Add grilled chicken or sausage for a protein boost.
- Stir in spinach or roasted veg for a new twist.



# Beef Cobbler With Cheddar Scones



## Grocery List

- 1 tablespoon (1 tablespoon) olive oil or vegetable oil
- 400 g (1  $\frac{2}{3}$  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  $\frac{1}{5}$  cups) red wine
- 600 ml (2  $\frac{3}{5}$  cups) beef stock made from a stock cube
- For the scones
- 200 g (1  $\frac{1}{2}$  cups) plain flour
- 1  $\frac{1}{2}$  tablespoons (1  $\frac{1}{2}$  tablespoons) baking powder
- 80 g (2  $\frac{5}{6}$  oz) strong cheddar, grated
- 70 g (2  $\frac{1}{2}$  oz) cold butter, cubed
- 2 tablespoons (2 tablespoons) milk
- $\frac{1}{2}$  ( $\frac{1}{2}$ ) 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 well separately.

### Reheat

- Oven: Reheat at 180°C (350°F) for 15–20 minutes until piping hot.
- Microwave: Heat 2–3 minutes (scones may soften).

### Reinvent Leftovers

- Serve beef filling over mash or rice.
- Use filling as a pie base with puff pastry.
- Crumble leftover scones over soup or stew.

