



Savvy Bites 

Aldi Meal Plan

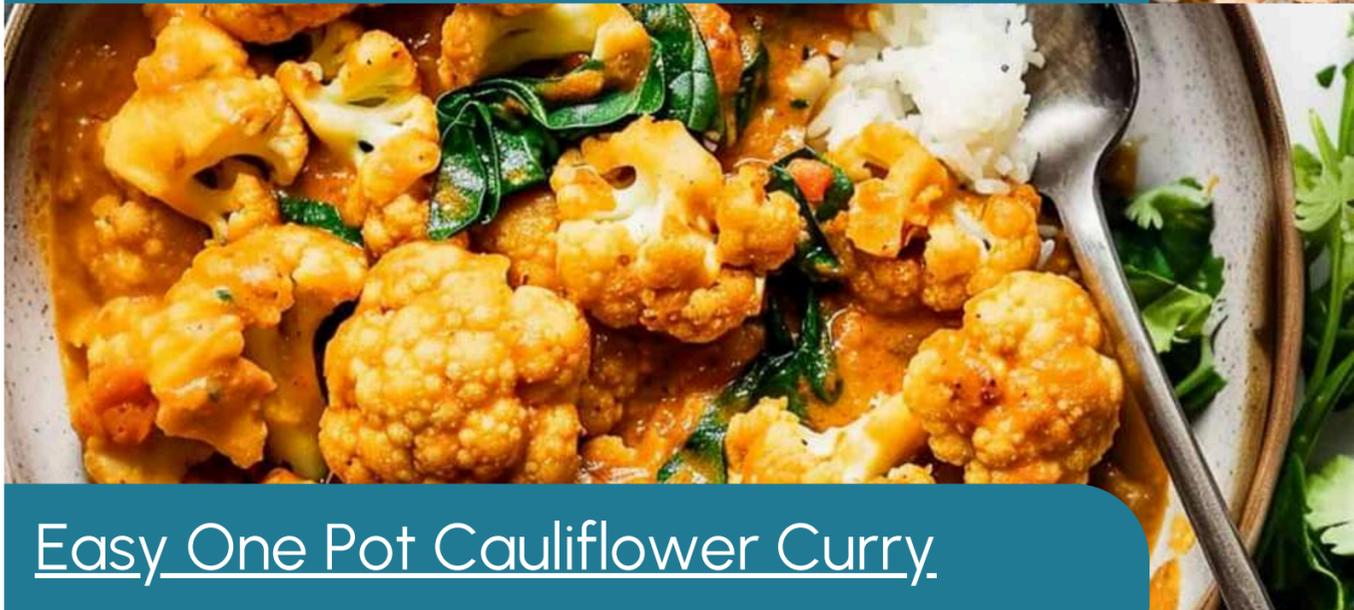
— WEEK 186 —



This Week's Recipes



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Quick and Easy Turkey Stir Fry



Grocery List

- 500 g (1 pound) turkey mince
- 2 tablespoons (2 tablespoons) vegetable oil
- 1 (1) red onion, thinly sliced
- 220 g (2 ¼ cups) tenderstem or broccoli, leaves trimmed and florets cut to bite-sized pieces

For the sauce

- 120 g (½ cups) teriyaki sauce *see notes
- 2 tablespoons (2 tablespoons) Sriracha sauce *see notes
- 2 tablespoons (2 tablespoons) dark or light soy sauce
- 1 (1) lime, juice and zest
- 3 cloves (3 cloves) of garlic, minced
- 1 ½ tablespoons (1 ½ tablespoons) ginger, minced
- 1-3 tablespoons (1 tablespoons) water, depending on your desired consistency *see notes

For serving

- Basmati rice for serving- amount depends on servings needed
- 4 tablespoons (4 tablespoons) honey-roasted peanuts, chopped
- 3 (3) spring onions, sliced
- 4 tablespoons (4 tablespoons) chopped coriander
- 1 (1) red chilli, thinly sliced (optional)



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: From the fridge or freezer, reheat in a pan over medium heat until hot through.
- Microwave: From the fridge, heat 1-2 minutes, stirring halfway.

Reinvent Leftovers

- Spoon into lettuce cups for a lighter meal.
- Add to fried rice or noodles.
- Turn into a quick turkey wrap with crunchy slaw.



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

Reheat

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

Reinvent Leftovers

- Blend into a thicker curry sauce for wraps.
- Add chickpeas or spinach to stretch it further.
- Serve over baked potatoes for a new spin.



Easy 30-Minute Crispy Chilli Chicken



Grocery List

Marinade

- 500 g (1 lb) chicken
- 2 tablespoons (2 tablespoons) corn starch
- 2 tablespoons (2 tablespoons) soy sauce

Sauce

- 3 tablespoons (3 tablespoons) honey
- 3 tablespoons (3 tablespoons) Sriracha
- 2 teaspoons (2 teaspoons) soy sauce
- juice of 1 lime
- For cooking the chicken
- 1 tablespoon (1 tablespoon) ginger
- 2 cloves (2 cloves) garlic
- 2 tablespoons (2 tablespoons) olive oil

For serving

- spring onions
- red chilli slices
- chopped coriander
- cashews



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 needed.
- Air fryer/oven: Reheat chicken at 180°C (350°F) to help re-crisp.

Reinvent Leftovers

- Turn into spicy chicken tacos.
- Add to stir-fried noodles or fried rice.
- Make a chilli chicken rice bowl with extra veg.



Easy Stuffed Peppers with Rice



Grocery List

- 3 Red, Yellow, or Mixed Bell Peppers, halved lengthways
- 2 cloves Garlic, minced
- 3 tbsp Extra Virgin Olive Oil
- 2 tsp Dried Oregano
- 500 g 3 cups Cooked Rice, warmed
- Kalamata Olives, to taste
- 1 Lemon, juice and zest
- 200 g Cherry Tomatoes, halved
- ½ bunch Basil, chopped

For serving: 200g, 1 ¼ cups Feta, crumbled



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 2 months.

Reheat

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

Reinvent Leftovers

- Chop and turn into a stuffed pepper skillet.
- Use filling in wraps or burritos.
- Mix with eggs for a savoury breakfast scramble.



Easy Margherita Pizza



Grocery List

For the Pizza Dough

- 400 g (1 ¾ 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

- ½ quantity of pizza dough
- ⅓ quantity of homemade pizza sauce
- 50 g (½ cup) shredded mozzarella
- 1 ball fresh mozzarella
- Basil leaves



Recipe Storage and Reheat Tips

Storage

- Fridge: Store slices in an airtight container for up to 3 days.
- Freezer: Freeze slices for up to 2 months.

Reheat

- Oven: From fridge or freezer, reheat at 200°C (400°F) until crispy and hot.
- Air fryer: Reheat for 3–5 minutes for best texture.

Reinvent Leftovers

- Top with prosciutto, mushrooms, or chilli oil for a remix.
- Turn into pizza toast or pan-fry slices for crispy bottoms.
- Chop and add to a big Italian-style salad.

