



Savvy Bites 

Aldi Meal Plan

— WEEK 189 —



This Week's Recipes



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Teriyaki Salmon Stir Fry



Grocery List

For the Stir Fry:

- Salmon fillets
- Olive oil
- Bell peppers (red, orange, or yellow)
- Red onion

For the Teriyaki Sauce:

- Light soy sauce
- Corn starch
- Water
- Vinegar (cider or white wine)
- Dark brown sugar or honey
- Garlic
- Onion powder
- Chili powder Fresh ginger

For Serving:

- Basmati rice
- Toasted cashews or roasted peanuts
- Fresh basil
- Spring onions



Recipe Storage and Reheat Tips

Storage

- Fridge: Store salmon and stir-fry vegetables in separate airtight containers for up to 3 days.
- Freezer: Not recommended, as the veggies can become mushy when thawed and reheated.

Reheat

- Stovetop: From the fridge, reheat salmon and vegetables in a pan over medium heat until warmed through. Add a splash of water to loosen the sauce.
- Microwave: From the fridge, microwave in a covered bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Add everything to cooked noodles or rice for a new stir-fry bowl.
- Flake the salmon into a salad or wrap with leftover veg.
- Use as a rice paper roll filling with extra herbs and dipping sauce.



Creamy Mushroom Pasta Bake



Grocery List

- Olive oil
- Butter
- Yellow onion
- Garlic
- White mushrooms
- Rosemary
- Thyme
- Mushroom and truffle ravioli
- Whole milk
- Double cream
- Grated cheddar
- Mozzarella
- Lemon juice



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: From the fridge or freezer, reheat gently in a covered pan over low heat. Add a splash of milk or cream to loosen the sauce.
- Microwave: From the fridge, microwave in a covered dish for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Turn into pasta muffins by scooping into a greased muffin tin and baking with extra cheese.
- Use as stuffing for large mushrooms or bell peppers.
- Serve on toast with an egg for a savory breakfast.



Cajun Chicken and Shrimp Tacos



Grocery List

For the Chicken and Prawns:

- Boneless, skinless chicken breast
- King prawns
- Vegetable oil

For the Spice Mix:

- Chilli and garlic seasoning
- Cajun seasoning
- Garlic powder

or the Avocado Lime Cream:

- Avocado
- Fat-free Greek yogurt
- Lime juice
- Coriander (cilantro)
- Water

For Assembling:

- White cabbage
- Corn or flour tortillas



Recipe Storage and Reheat Tips

Storage

- Fridge: Store cooked chicken, shrimp, and toppings separately in airtight containers for up to 3 days.
- Freezer: Chicken and shrimp can be frozen for up to 2 months. Do not freeze toppings or tortillas.

Reheat

- Stovetop: From the fridge or freezer, reheat chicken and shrimp in a pan over medium heat until warmed through.
- Microwave: From the fridge, microwave protein on high for 1–2 minutes. Heat tortillas separately.

Reinvent Leftovers

- Use the protein in rice bowls or pasta.
- Add to a quesadilla with cheese and leftover toppings.
- Toss with salad greens and dressing for a spicy taco salad.



Slow Cooker Sausage Casserole



Grocery List

- Pork sausages
- Red onion
- Garlic
- Red bell peppers
- Brown chestnut mushrooms
- Mixed dried herbs
- Tomato puree
- Chopped tomatoes (canned)
- Worcestershire sauce
- Beef stock (made with a stock cube)
- Salt and pepper
- Cannellini beans or navy beans (optional)



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 in a saucepan over medium heat, stirring occasionally. Add a splash of water or stock if needed.
- Microwave: From the fridge, microwave in a bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over creamy mashed potatoes or polenta.
- Chop the sausages and use as filling for baked potatoes.
- Turn into a hearty soup by adding stock and extra veggies.



Italian Meatballs in Tomato Sauce



Grocery List

For the meatballs

- Minced beef & pork mix
- Egg
- Milk
- Dried oregano
- Dried basil
- Italian pasta mix
- Italian herb mix
- Fresh rosemary
- Grana Padano cheese

For the sauce

- Red onion
- Garlic
- Tomato puree
- Passata (smooth tomato sauce)
- Salt and pepper



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: From the fridge or freezer, simmer gently in a covered pan until hot throughout. Stir occasionally.
- Microwave: From the fridge, microwave in a covered dish for 2–3 minutes, stirring halfway through.

Reinvent Leftovers

- Slice meatballs and add to toasted subs or wraps.
- Serve over creamy polenta or mashed potatoes instead of pasta.
- Use as a pizza topping or in a baked pasta dish.

