



Savvy Bites 

Aldi Meal Plan

— WEEK 187 —



This Week's Recipes



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Easy One Pan Italian Chicken in Tomato Sauce



Grocery List

For the Chicken:

- 600 g chicken breast mini fillets, or chicken breast
- Salt and pepper, to taste

For the Sauce:

- 2 tablespoons olive oil
- 85 g smoked pancetta
- 1 yellow onion, diced
- 2-3 cloves garlic, minced
- 1 sprig fresh rosemary, finely chopped
- 2 sprigs fresh thyme, leaves picked
- 1 red bell pepper, finely chopped
- 2 sun-dried tomatoes, chopped
- 400 g tin chopped tomatoes
- 1 teaspoon tomato puree

- ½ teaspoon pasta seasoning mix
- ½ teaspoon Italian herb mix
- 2-3 tablespoons double cream, *see notes
- 75 ml vegetable stock made with a stock cube, optional (*see notes)
- 30-50 g shredded mozzarella
- 2 tablespoons chopped parsley for serving



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 in a pan until hot through.
- Microwave: From the fridge, heat 2-3 minutes, stirring halfway.

Reinvent Leftovers

- Shred and toss through pasta or gnocchi.
- Turn into chicken subs with mozzarella.
- Use as a pizza topping with extra cheese.



Easy 15 Minute Pasta Puttanesca



Grocery List

- ½ teaspoon pasta seasoning mix
- ½ teaspoon Italian herb mix
- 2-3 tablespoons double cream, *see notes
- 75 ml vegetable stock made with a stock cube, optional (*see notes)
- 30-50 g shredded mozzarella
- 2 tablespoons chopped parsley for serving



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Stovetop: Reheat gently in a pan, adding a splash of water.
- Microwave: From the fridge, heat 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Use sauce on toast with a fried egg.
- Toss with canned tuna for a protein boost.
- Spoon over roasted veg or chicken.



Easy 30 Minute Moroccan Couscous



Grocery List

For the Couscous:

- 200 g (1 cup) couscous
- 240 ml (1 cup) vegetable broth
- 100 g (3 cups) fresh spinach, chopped
- 50 g (¼ cups) capers, rinsed
- 100 g (¾ cup) sundried tomatoes, chopped
- 2 chargrilled red peppers, sliced
- 400 g (14 oz) tin chickpeas
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper to taste

For the Lemon Vinaigrette:

- 60 ml (¼ cup) extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey
- Salt and pepper to taste



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

- Microwave: From the fridge, heat 1–2 minutes, fluffing halfway.
- Stovetop: Reheat gently with a splash of stock.

Reinvent Leftovers

- Turn into a warm couscous salad with feta.
- Stuff into wraps or pitas.
- Serve with grilled chicken or halloumi.



Chunky Beef Chili



Grocery List

- 500 g (1 lb) diced beef, stewing beef or brisket, dried with kitchen paper and seasoned with salt
- 2 tablespoons vegetable oil
- 1 red onion, diced (reserve 2 tablespoons for serving)
- 6 cloves garlic, minced (adjust to taste)
- 2 tablespoons tomato puree
- ½ tablespoon chilli powder
- 1 teaspoon paprika
- 2 teaspoons cumin
- ½ teaspoon cinnamon
- 395 g (14 oz) tin taco mixed beans in tomato sauce
- 400 g (14 oz) tin chunky chopped tomatoes
- 175 ml (¾ cups) apple juice
- 300 ml (1 ¼ cups) beef broth made with a beef stock cube
- 1 bay leaf
- Optional Toppings
- Shredded cheddar cheese
- 1 avocado, sliced
- 1 green jalapeno, sliced
- 1 bunch coriander, chopped
- Tortilla chips
- Limes
- Sour cream or Greek yoghurt
- White rice



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

Reinvent Leftovers

- Turn into chilli cheese nachos.
- Use for loaded baked potatoes.
- Make quick chilli dogs or tacos.



Easy 30 Minute Teriyaki Salmon Stir Fry



Grocery List

For the Stir Fry:

- 500 g (1 lb) salmon fillets, boneless, skinless, cut into 2.5 cm cubes
- 2 tablespoons olive oil
- 2 bell peppers, red, orange, or yellow, very thinly sliced
- 1 red onion, thinly sliced

For the Teriyaki Sauce:

- 60 ml (¼ cup) light soy sauce
- 2 teaspoons corn starch mixed with 1.5 tablespoons water
- 2 teaspoons vinegar, cider or white wine vinegar

- 2 tablespoons dark brown sugar or honey
- 2 large cloves garlic, minced
- 1 teaspoon onion powder
- ¼ teaspoon chili powder
- ½ teaspoon fresh ginger, minced

For Serving:

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



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 2–3 days.
- Freezer: Not recommended (salmon texture changes).

Reheat

- Stovetop: Reheat gently in a pan over low heat.
- Microwave: From the fridge, heat in short bursts.

Reinvent Leftovers

- Flake into teriyaki salmon rice bowls.
- Turn into sushi-style rolls or wraps.
- Add to noodle soup for extra flavour.

