



Savvy Bites 

# Aldi Meal Plan

— WEEK 191 —



# This Week's Recipes



[Easy 30 Minute Spicy Korean Chicken](#)



[The Best Sweet Potato Curry.](#)



[Easy 30 Minute Steak Fajitas](#)



[Easy 30 Minute Moroccan CousCous](#)



[Easy 15 Minute Pasta Puttanesca](#)

# Easy 30 Minute Spicy Korean Chicken



## Grocery List

- Chicken breast
- Vegetable oil
- Sriracha
- Cornstarch
- Soy sauce
- Honey
- Ginger
- Garlic
- Chili powder
- Steamed rice
- Tenderstem broccoli
- Dry roasted peanuts
- Lime
- Green onions



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store chicken and sauce separately in airtight containers for up to 3 days.
- Freezer: Not recommended, as the sauce may split and affect texture when reheated.

### Reheat

- Stovetop: From the fridge, reheat chicken in a skillet over medium heat with a splash of water or extra sauce to loosen.
- Microwave: From the fridge, microwave in a covered dish for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Chop and use in lettuce wraps with crunchy veg.
- Add to rice bowls with cucumber, sesame oil, and a fried egg.
- Turn into Korean-style tacos with coleslaw.



# The Best Sweet Potato Curry



## Grocery List

- Sweet potatoes
- Olive oil or vegetable oil
- Red onion
- Garlic
- Ginger
- Thai red curry paste
- Full-fat coconut milk
- Water or broth
- Spinach
- Cashews (optional)
- Basil (optional)
- Coriander (optional)



## Recipe Storage and Reheat Tips

### Storage

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

### Reheat

- Stovetop: From the fridge, reheat in a saucepan over medium heat, adding a splash of water if too thick.
- Microwave: From the fridge, microwave in a covered bowl for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Serve over baked potatoes or roasted cauliflower.
- Add to chickpea wraps or pitas.
- Blend with stock for a warming soup.



# Easy 30 Minute Steak Fajitas



## Grocery List

- Sirloin steak
- Red pepper
- Yellow pepper
- Red onion
- Cajun spice mix
- Lime
- Olive oil
- Avocado
- Sour cream or Greek yogurt
- Coriander
- Flour tortillas



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store cooked steak and veg separately in airtight containers for up to 3 days.
- Freezer: Freeze cooked steak and peppers (not tortillas) for up to 2 months.

### Reheat

- Stovetop: From the fridge, reheat steak and veg in a hot skillet for 3–4 minutes until warmed through.
- Microwave: From the fridge, microwave in a covered dish for 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Slice into a fajita rice bowl with black beans and avocado.
- Use in quesadillas with cheese.
- Add to a warm steak salad with lime dressing.



# Easy 30 Minute Moroccan CousCous



## Grocery List

- Couscous
- Vegetable broth
- Fresh spinach
- Capers
- Sundried tomatoes
- Chargrilled red peppers
- Chickpeas (tinned)
- Garlic
- Olive oil
- Salt and pepper
- Extra virgin olive oil
- Lemon juice
- Dijon mustard
- Honey



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended, as couscous texture becomes mushy.

### Reheat

- Stovetop: From the fridge, reheat in a skillet with a splash of water or broth, stirring until heated through.
- Microwave: From the fridge, microwave in a covered bowl for 1–2 minutes, fluffing halfway with a fork.

### Reinvent Leftovers

- Use as a salad base with added feta and olives.
- Stuff into bell peppers and bake.
- Toss into wraps with hummus and greens.



# Easy 15 Minute Pasta Puttanesca



## Grocery List

- Dried spaghetti
- Olive oil
- White onion
- Garlic
- Anchovy fillets
- Tinned cherry tomatoes
- Kalamata olives
- Capers
- Chili flakes
- Fresh parsley
- Fresh basil
- Grated Parmesan or Pecorino (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, though olives and capers may soften.

### Reheat

- Stovetop: From the fridge, reheat in a saucepan with a splash of water until hot, stirring gently.
- Microwave: From the fridge, microwave in a covered bowl for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Mix with tuna and bake as a casserole.
- Serve cold as a tangy pasta salad with arugula.
- Use as a bruschetta topping with toasted bread.

