



Savvy Bites 

# Aldi Meal Plan

— WEEK 193 —



# This Week's Recipes



[30 Minute Brown Sugar Pork Chops](#)



[Easy 30 Minute Moroccan CousCous](#)



[Slow Cooker Chicken Korma](#)



[30 Minute One Pan Broccoli Gnocchi](#)



[The Best Slow Cooker Lentil Soup](#)

# Easy 30 Minute Brown Sugar Pork Chops



## Grocery List

- 4 boneless pork chops, about 1 inch thick
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon Cajun seasoning
- 1 teaspoon paprika
- 1 teaspoon garlic powder, granules
- 1 tablespoon olive oil
- Salt and pepper to taste



## Recipe Storage and Reheat Tips

### Storage

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

### Reheat

- Stovetop: From the fridge or freezer, reheat in a covered skillet over medium-low heat until warmed through.
- Microwave: From the fridge, microwave for 1–2 minutes, checking halfway.

### Reinvent Leftovers

- Slice and serve over salads or grain bowls.
- Add to sandwiches with mustard or chutney.
- Dice and toss into fried rice or pasta.



# 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 tablespoon olive oil
- Salt and pepper to taste

### For the Lemon Vinaigrette:

- 60 ml (¼ cup) extra virgin olive oil
- 2 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 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 1 month.

### Reheat

- Stovetop: From the fridge or freezer, reheat in a pan with a splash of water or stock, fluffing with a fork.
- Microwave: From the fridge, microwave for 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Use as a base for roasted vegetable bowls.
- Stuff into bell peppers or tomatoes.
- Mix into a salad with chickpeas and feta.



# Slow Cooker Chicken Korma



## Grocery List

### For the Marinade

- 175 g full-fat Greek yogurt
- 1 tablespoon garam masala
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- ¼ teaspoon mild or medium curry powder
- 2 teaspoon turmeric, divided
- 1 teaspoon chili powder
- 1 teaspoon chili flakes
- Zest of 1 lemon

### Chicken

- 1 kg boneless, skinless chicken thighs, halved
- Salt and pepper, to season

### For the Base

- 1 medium yellow onion, chopped
- 1 shallot, finely chopped
- 6 cloves garlic, minced
- 2- inch piece of fresh ginger, minced
- 1 tablespoon olive oil, plus more if needed
- 4 tablespoon tomato paste
- 400 ml full-fat coconut milk



## 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

- Stovetop: From the fridge or freezer, reheat gently in a saucepan over medium heat until simmering.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Serve with naan or flatbread wraps.
- Spoon over baked potatoes for a twist.
- Use as a filling for savory hand pies.



# 30 Minute One Pan Broccoli Gnocchi



## Grocery List

- 500 g (1 lb) shelf-stable gnocchi
- 1 tablespoon olive oil
- 180 g (2 cups) broccoli, cut into florets
- 250 ml (1 cup) vegetable stock, 1 stock cube dissolved in 250 ml boiling water
- 125 g (½ cup) cream cheese
- 200 g (1 ⅔ cups) grated mozzarella
- salt and pepper to taste



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Not recommended, as gnocchi can become mushy.

### Reheat

- Stovetop: From the fridge, reheat in a skillet over medium heat until hot.
- Microwave: From the fridge, microwave for 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Bake with cheese into a gnocchi casserole.
- Use in a veggie-packed frittata.
- Add to a creamy soup for a hearty twist.



# The Best Easy Slow Cooker Lentil Soup



## Grocery List

- 1 (1) large onion, diced
- 3-4 (3-4) stalks celery, chopped
- 3 (3) carrots, peeled and chopped
- 2 (2) large potatoes, chopped into 2.5 cm cubes
- 165 g (5 5/8 oz) red lentils
- 1/2 tablespoon (1/2 tablespoon) dried oregano
- 1/2 tablespoon (1/2 tablespoon) dried basil
- 3 (3) sprigs fresh thyme, leaves picked
- 1 tablespoon (1 tablespoon) sage
- 1 tablespoon (1 tablespoon) Worcestershire sauce
- 2 (2) bay leaf
- 800 ml (3 1/5 cups) vegetable stock, made with a stock cube
- 1 teaspoon (1 teaspoon) vinegar, any kind or lemon juice
- 50 g kale, As a guide, two handfuls of kale will be enough.

### For serving

- 2 tablespoons (2 tablespoons) fresh parsley, chopped
- 1 tablespoon (1 tablespoon) olive oil
- 10 g (1/3 oz) parmesan cheese



## 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 over medium heat, stirring occasionally. Add water or stock if too thick.
- Microwave: From the fridge, microwave for 2-3 minutes, stirring halfway.

### Reinvent Leftovers

- Blend for a smooth lentil puree and serve as a dip.
- Use as a sauce base for pasta or grain bowls.
- Serve over baked sweet potatoes for a hearty dinner.

