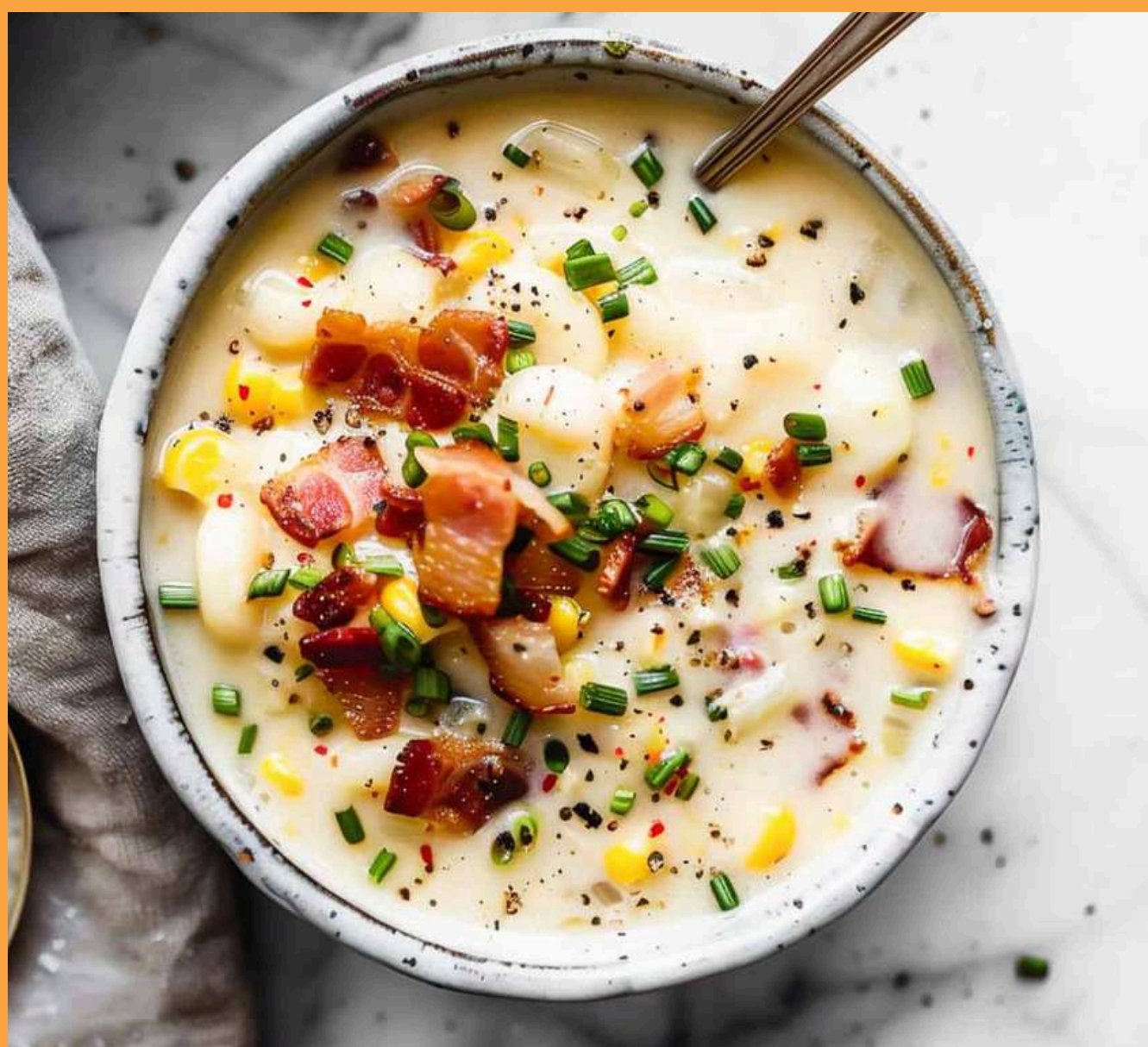




Savvy Bites 

Aldi Meal Plan

— WEEK 194 —



This Week's Recipes



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Easy Honey Garlic Roast Pork Belly Slices



Grocery List

- 500 g (1 lb) pork belly slices
- sea salt

For the sticky honey garlic sauce

- 115 ml (3 7/8 floz) light soy sauce
- juice of 1 orange
- 1 tablespoon (1 tablespoon) honey
- 2 tablespoons (2 tablespoons) brown sugar
- 1 tablespoon (1 tablespoon) cider vinegar
- 1 clove (1 clove) garlic, minced



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/Oven: From the fridge or freezer, reheat in a skillet or oven at 180oC until hot and caramelized.
- Microwave: From the fridge, microwave for 1–2 minutes, but may lose crispness.

Reinvent Leftovers

- Slice thinly for bao buns or lettuce wraps.
- Add to fried rice or noodle stir-fries.
- Use in sandwiches with pickled vegetables.



Easy One Pan Blackened Cod



Grocery List

For the Cod:

- 4 medium cod fillets
- 4 tablespoons Cajun spice mix, recipe below

For the Sauce:

- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 500 g vine-ripened tomatoes, chopped
- 400 g tin white beans, drained and rinsed
- 45 g butter
- Juice of 1 lemon
- 10 g parsley, chopped (about half a bunch)
- 10 g basil, chopped (about half a bunch)
- Salt and pepper to taste

For the Homemade Cajun Blackened Spice Mix:

- 2 teaspoons paprika
- ¼ teaspoon sea salt
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- ½ teaspoon black pepper
- ½ teaspoon onion granules



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 2 days.
- Freezer: Freeze cooked cod for up to 1 month.

Reheat

- Stovetop: From the fridge or freezer, reheat gently in a pan over low heat until warmed through.
- Microwave: From the fridge, microwave for 1–2 minutes, but cod may dry out.

Reinvent Leftovers

- Flake into tacos with salsa and slaw.
- Add to a salad with lemon dressing.
- Stir into fish cakes with mashed potato.



Easy & Healthy Vegetarian Stuffed Pasta Shells



Grocery List

For the Pasta Shells:

- 20 large pasta shells
- For the Filling:
 - 250 g (1 cup) tub mascarpone
 - 85 g (1/3 cup) red pepper sauce
 - 300 g (4 cups) spinach, wilted

For the Sauce:

- 1 onion, diced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 500 g (2 cups) tomato passata
- 200 ml (1 cup) vegetable stock, made with a stock cube

For the Topping:

- 175 g (1 1/2 cups) shredded mozzarella



Recipe Storage and Reheat Tips

Storage

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

Reheat

- Oven: From the fridge or freezer, reheat covered with foil at 180oC until bubbling hot.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring the filling halfway if possible.

Reinvent Leftovers

- Chop shells and mix into a baked pasta casserole.
- Layer into lasagna with extra sauce.
- Serve as a side dish with roasted veggies.



The Best Sweetcorn Chowder



Grocery List

- 150 g (5 ¼ oz) smoked streaky bacon, diced
- 1 large onion, 150g, finely chopped
- 2 medium carrots, 200g, diced
- 2 celery stalks, 100g, diced
- 400 g (1 lb) new potatoes, diced
- 500 g (3 cups) sweetcorn, fresh, tinned, or frozen
- 1 litre (4 cups) chicken or vegetable stock
- 200 ml (1 cup) double cream
- Salt and pepper, to taste
- Fresh parsley, chopped, for garnish



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 gently over medium-low heat. Do not boil to avoid splitting.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Use as a sauce base for pasta or risotto.
- Turn into a pie filling topped with pastry or mash.
- Serve over toast with crispy bacon.



30-Minute Easy Sticky Crispy Chilli Beef

Grocery List

For the Beef:

- 500 g (1 lb) sirloin, thinly sliced against the grain
- 100 g (½ cups) cornstarch
- 2 teaspoons baking powder, bicarb of soda
- Salt and pepper, to taste
- 1 tablespoon oil for frying

For the Sauce:

- 2 tablespoons dark soy sauce
- 6 tablespoons ketchup
- 4 tablespoons cider or white vinegar
- 5 tablespoons honey
- 2 teaspoons fresh ginger, grated
- 3 cloves garlic, minced
- ½ red chili pepper, finely minced

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 hot skillet until beef is hot and sauce thickens again.
- Microwave: From the fridge, microwave for 1–2 minutes, though crispness will be lost.

Reinvent Leftovers

- Add to noodle stir-fries or rice bowls.
- Wrap in lettuce cups with chili mayo.
- Use as a topping for loaded fries or nachos.

