



Savvy Bites 

Aldi Meal Plan

— WEEK 192 —



This Week's Recipes



[Easy Thai Red Curry Meatballs](#)



[Quick and Easy Sticky Chicken](#)



[30 Minute Prawn Rice](#)



[Creamy Cauliflower Cheese Soup](#)



[Quick and Easy Sausage Traybake](#)

Easy Thai Red Curry Meatballs



Grocery List

For the Meatballs:

- Turkey mince (ground turkey)
- Coriander (cilantro)
- Garlic
- Fresh ginger
- Oil

For the Sauce:

- Small brown onion
- Thai red curry paste
- Full-fat coconut milk
- Lime juice
- Fresh basil
- Fresh coriander
- Chili flakes (optional)
- Spring onions



Recipe Storage and Reheat Tips

Storage

- Fridge: Store meatballs and curry sauce in an airtight container for up to 4 days.
- Freezer: Freeze meatballs with sauce in a freezer-safe container for up to 2 months.

Reheat

- Stovetop: From the fridge or freezer, simmer gently in a saucepan over medium-low heat until heated through. Stir occasionally.
- Microwave: From the fridge, heat in a microwave-safe dish for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Serve over noodles or rice with fresh herbs for a new twist.
- Use as a filling for wraps or flatbreads with slaw.
- Blend sauce and drizzle over grilled veggies or tofu.



Quick and Easy Sticky Chicken



Grocery List

For the chicken

- 500 g (1 lb) boneless skinless chicken
- 2 tablespoons corn starch or flour *See note 1
- 2 tablespoons vegetable or olive oil
- 1 red bell peppers, thinly sliced

For the sauce

- 150 ml (¾ cups) soy sauce
- 75 ml (⅓ cups) honey
- 1 tablespoon white wine vinegar
- 120 g (½ cups) sachet oyster sauce, optional
- 2 cloves garlic
- 1- inch piece grated ginger

For serving

- chopped peanuts
- sliced green onion



Recipe Storage and Reheat Tips

Storage

- Fridge: Keeps for 3–4 days.
- Freezer: Freeze chicken and sauce together for up to 2 months.

Reheat

- Stovetop: Warm in a pan; add a splash of water if the sauce thickens.
- Microwave: Heat 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Serve in rice bowls with veggies.
- Add to stir-fried noodles.
- Use in lettuce cups for a lighter meal.



30 Minute Prawn Rice



Grocery List

- Olive oil
- Garlic
- Yellow or brown onion
- Red pepper
- Vine-ripened tomatoes
- Frozen peas
- Frozen prawns (peeled and defrosted)
- Paprika
- Chilli powder
- Rice
- Vegetable stock (made with a stock cube)



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 2 days.
- Freezer: Freeze for up to 1 month. Reheat thoroughly and do not refreeze once thawed.

Reheat

- Stovetop: From the fridge or freezer, reheat in a pan over medium heat with a splash of water. Stir frequently.
- Microwave: From the fridge, microwave in a covered bowl for 2 minutes, stirring halfway.

Reinvent Leftovers

- Add a fried egg and chili oil for a quick rice bowl.
- Use in lettuce wraps or sushi-style rice rolls.
- Stir into soup for a seafood rice twist.



Creamy Cauliflower Cheese Soup



Grocery List

- Cauliflower
- Butter
- Olive oil
- Garlic
- Yellow onion
- Fresh thyme
- Carrots
- Courgette
- Whole milk
- Vegetable stock
- Shredded cheddar
- Mixed spice
- Chilli powder



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 slowly to prevent curdling.

Reheat

- Stovetop: From the fridge or freezer, reheat over low-medium heat, stirring constantly. Do not boil.
- Microwave: From the fridge, microwave in a bowl for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Use as a cheesy sauce base for pasta or mac and cheese.
- Turn into a creamy casserole sauce with grains or potatoes.
- Serve in a bread bowl or with grilled cheese strips.



Quick and Easy Sausage Traybake



Grocery List

- 6 (6) sausages, any type
- 1 (1) red onion, cut into wedges *See notes
- 2-4 cloves (2-4 cloves) garlic, minced
- 8-10 (8-10) cherry tomatoes
- 2 (2) bell peppers, seeds removed and chopped *See notes
- 1 teaspoon (1 teaspoon) dried basil
- 1 teaspoon (1 teaspoon) dried oregano
- 2 teaspoons (2 teaspoons) chicken and steak seasoning
- 200 g (7 oz) mini potatoes cut in half
- 2 tablespoons (2 tablespoons) olive oil
- salt and pepper
- 350 ml (11 5/8 fl oz) chicken stock made with a chicken stock cube dissolved in boiling water



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze sausages and roasted vegetables separately for up to 2 months.

Reheat

- Oven: From the fridge or freezer, reheat at 180°C for 10–12 minutes until hot.
- Microwave: From the fridge, microwave for 2–3 minutes, stirring halfway.

Reinvent Leftovers

- Slice sausages and mix with pasta.
- Use roasted vegetables in salads or wraps.
- Turn into a hash with fried eggs on top.

