



5 Family Dinners

Easy Meal Plan

Made with Aldi Ingredients

Savvy Bites 



This Week's Recipes



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30 Minute Peanut Butter Chicken



Grocery List

- 500 g chicken breast, cut into bite-sized pieces
- 2 small shallots, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 tablespoon honey
- 60 ml hoisin sauce
- 60 ml soy sauce
- 1 tablespoon rice vinegar
- 125 g smooth peanut butter
- 100 ml coconut milk
- 1 small red chili, finely chopped (optional)
- 2 red bell peppers, sliced
- 1 tablespoon cornstarch
- 30 ml vegetable oil or sesame oil
- Salt and pepper, to taste
- Water, as needed to thin the sauce
- Garnish: sesame seeds and green onions or chopped peanuts and fresh basil leaves



Recipe Storage and Reheat Tips

Storage

- Fridge: Store in an airtight container for up to 4 days.
- Freezer: Freeze for up to 2 months. Thaw overnight in the fridge before reheating.

Reheat

- Stovetop: From the fridge or freezer, reheat gently over medium-low heat, adding a splash of water or stock if the sauce thickens.
- Microwave: From the fridge, heat for 2 minutes, stirring halfway through.

Reinvent Leftovers

- Serve over noodles instead of rice.
- Add extra vegetables and turn into a peanut chicken bowl.
- Use as a filling for wraps with crunchy slaw.



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 covered pan over low heat until warmed through.
- Microwave: From the fridge, microwave for 1 minute at medium power to avoid drying out.

Reinvent Leftovers

- Flake into fish tacos with slaw.
- Add to grain bowls with lemon dressing.
- Mix into fish cakes with mashed potato.



Easy 20 Minute Halloumi Salad



Grocery List

For the Salad:

- 200 g couscous
- 250 g halloumi, sliced
- 1 cucumber, diced
- 2 tbsp olive oil, for frying
- Fresh herbs, optional, for garnish

For the Orange Vinaigrette:

- ¼ cup fresh orange juice
- ¼ cup olive oil
- 1 tbsp honey
- 1 tbsp white wine vinegar
- 1 tsp Dijon mustard
- Salt and pepper to taste



Recipe Storage and Reheat Tips

Storage

- Fridge: Store salad and halloumi separately for up to 3 days.
- Freezer: Not recommended.

Reheat

- Halloumi: Reheat in a dry pan for 1–2 minutes per side.
- Salad: Best served cold or at room temperature.

Reinvent Leftovers

- Add to wraps with hummus.
- Toss with couscous or quinoa.
- Serve over toast with avocado and herbs.



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 Loaded Chicken Nachos



Grocery List

For the Chicken:

- 500 g chicken mince
- 1 package fajita seasoning, or make your own using the recipe below
- 2 tablespoons olive oil or vegetable oil
- 1 red onion, finely diced

For the Fajita Seasoning (if making your own):

- 2 tablespoons Cajun spice
- ¼ teaspoon chilli powder
- ¼ teaspoon smoked paprika

For the Nachos:

- 200 g shredded cheddar cheese
- 200 g tortilla chips

For the Toppings:

- 1 avocado, chopped
- 2 tomatoes, diced
- 1 jalapeno, sliced
- Sour cream or light crème fraîche
- Green onions, sliced
- ½ bunch coriander, chopped
- Salsa



Recipe Storage and Reheat Tips

Storage

- Fridge: Store toppings separately from chips where possible for up to 2 days.
- Freezer: Freeze cooked chicken only for up to 2 months; do not freeze assembled nachos.

Reheat

- Oven: From the fridge, reheat at 180°C (350°F) for 5–8 minutes until cheese melts and chips crisp.
- Microwave: Heat for 30–60 seconds, though chips may soften.

Reinvent Leftovers

- Turn into loaded quesadillas.
- Use chicken as taco or burrito filling.
- Layer into a rice bowl with salsa and avocado.

