



# 5 Weeknight Dinners

## Easy Meal Plan

Made with Aldi Ingredients

*Savvy* Bites 



# This Week's Recipes



[Crispy Easy Air Fryer Chicken Thighs](#)



[Easy One Pot Mexican Chicken](#)



[The BEST Crispy Beef In Oyster Sauce](#)



[Easy Creamy Roasted Tomato Pasta](#)



[Easy 30 Minute Coconut Salmon Curry](#)

# Extra Crispy Easy Air Fryer Chicken Thighs



## Grocery List

- 1 kg 2 pounds boneless, skinless chicken thighs
- 2 tablespoons garlic powder
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika
- 1 tablespoon nonstick cooking spray, olive oil



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store cooked chicken thighs in an airtight container for up to 4 days.
- Freezer: Freeze for up to 2 months. Allow to cool fully before freezing.

### Reheat

- Air Fryer: From the fridge or freezer, reheat at 180°C (350°F) for 5–8 minutes until hot and crispy.
- Microwave: From the fridge, heat for 1–2 minutes (skin may soften).

### Reinvent Leftovers

- Slice into wraps or sandwiches with slaw.
- Shred and toss into salads or grain bowls.
- Use for quick chicken tacos with salsa and avocado.



# Easy One Pot Mexican Chicken



## Grocery List

- 4-5 boneless, skinless chicken breasts or thighs
  - 200 g plain flour
  - 1 tablespoon butter
  - 2 tablespoons olive oil
  - 1 tin, about 300 g sweet corn
  - 1 red onion, thinly sliced
  - 1 pepper, any color, thinly sliced
  - 2 tablespoons tomato paste
  - 250 ml chicken stock, made from a stock cube
  - Juice of 1 lemon
  - 200 ml single cream
  - 200 g spinach, washed
  - Bunch of coriander, chopped
  - Basil, chopped
  - Spring onions, sliced
- For the Spice Mix:
- ½ teaspoon garlic granules
  - ½ teaspoon paprika
  - ½ teaspoon chili powder, adjust to preference
  - ¼ teaspoon chili flakes
  - ¼ teaspoon Cajun spice



## 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: Reheat over medium heat with a splash of stock or water.
- Microwave: Heat for 2–3 minutes, stirring halfway.

### Reinvent Leftovers

- Use for burritos, tacos, or quesadillas.
- Turn into a rice bowl with beans and avocado.
- Serve over baked potatoes with cheese.



# The BEST Crispy Beef In Oyster Sauce



## Grocery List

### Beef and Vegetables:

- 360 g (12 ⅔ oz) thin-cut beef steaks
- 4 tablespoons plain flour
- 2 tablespoons olive oil or vegetable oil
- 1 red pepper, sliced into matchsticks
- 2 carrots, sliced into matchsticks
- 200 g (7 oz) dried pasta, cooked according to package instructions

### Oyster Sauce:

- 120 g (½ cup) oyster sauce, 1 sachet
- 2 tablespoons soy sauce
- 2 tablespoons sriracha sauce
- 1 tablespoon fresh ginger, minced
- 3 cloves garlic, minced
- Juice of 1 lime



## Recipe Storage and Reheat Tips

### Storage

- Fridge: Store in an airtight container for up to 3 days.
- Freezer: Freeze beef and sauce separately for up to 2 months.

### Reheat

- Stovetop: Reheat in a hot skillet until warmed through; add a splash of water if needed.
- Microwave: Heat for 1–2 minutes (crispiness will soften).

### Reinvent Leftovers

- Serve over noodles or fried rice.
- Use in lettuce wraps with extra sauce.
- Add to stir-fried vegetables for another meal.



# Easy Creamy Roasted Tomato Pasta



## Grocery List

- 6 roasted tomato halves or 1 tin, 400 g chopped tomatoes
- 75 g (¼ lb) smoked pancetta, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 115 ml (½ cups) single cream
- 115-200 ml (½ cups) water
- 150 g (3 cups) spinach
- 300 g (2 ½ cups) cooked pasta, e.g., tagliatelle, spaghetti, or penne
- Vegetable or olive oil, for cooking
- 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 2 months (stir well after reheating).

### Reheat

- Stovetop: Reheat gently with a splash of milk, cream, or pasta water.
- Microwave: Heat for 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Bake with mozzarella for an easy pasta bake.
- Add grilled chicken or spinach.
- Serve cold as a creamy pasta salad.



# Easy 30 Minute Coconut Salmon Curry



## Grocery List

- 500 g (1 lb) salmon fillets, 2 salmon fillets with skin on
- For the spice rub
  - 1 tablespoon demerara sugar
  - 1 teaspoon curry powder
  - pinch ground ginger
  - 1 teaspoon garlic powder
  - pinch sea salt
- For the sauce
  - 1 tablespoon olive oil
  - 3 garlic cloves, minced
  - 2 tablespoons fresh ginger, minced
  - 2 tablespoons demerara sugar
  - 1 tablespoon Thai red curry paste
  - 400 ml (14 oz) coconut milk, full fat or low fat is fine
- 2 teaspoons soy sauce
- 1 lime, juice only
- 100 g (3 cups) fresh spinach, washed and chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh coriander, chopped



## 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

- Stovetop: Reheat gently over low heat, adding a splash of coconut milk if needed.
- Microwave: Heat in short intervals for 1–2 minutes, stirring halfway.

### Reinvent Leftovers

- Flake salmon into rice bowls.
- Serve over noodles for a curry noodle dish.
- Add extra broth to turn it into a coconut curry soup.

