



Savvy Bites

Aldi Meal Plan

WEEK 176



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30 Minute Easy Red Lentil Dhal Curry



Grocery List

- 2 tablespoons olive oil or vegetable oil
- 1 thumb-sized piece of ginger, grated
- 1 yellow onion, chopped
- 4 cloves garlic, grated
- 3 tablespoons Thai red curry paste
- 1½ tablespoons curry powder
- 2 teaspoons turmeric
- 1½ teaspoons cumin
- 200 g (1 cup) red lentils, rinsed
- 150 g (1 cup) butternut squash, chopped into 2.5 cm cubes
- 125 g (4 cups) baby spinach
- 250 g (1½ cups) cherry tomatoes, leave whole or cut in half depending on size
- 800 ml vegetable broth or water



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: Reheat gently in a saucepan with a splash of water or stock, stirring until heated through.
- Microwave: Heat for 2 minutes, stirring halfway through.

Reinvent Leftovers

- Serve with naan or rice for a quick lunch.
- Use as a filling for stuffed peppers or wraps.
- Top with yogurt and herbs for a protein-packed bowl.



Easy One Pan Chicken Stroganoff



Grocery List

- 450 g (1 lb) chicken breast, cut into chunks
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 225 g (3 cups) brown mushrooms, sliced
- 240 ml (1 cup) chicken broth
- 240 ml (1 cup) sour cream
- 30 g ($\frac{1}{4}$ cup) all-purpose flour
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)
- Cooked egg noodles or rice, for serving



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: Warm gently in a pan over medium heat, adding a splash of water or cream to loosen the sauce.
- Microwave: Reheat for 2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over rice or mashed potatoes.
- Spoon onto toast for a hearty open-faced sandwich.
- Mix with pasta for a quick creamy dinner.



The BEST Easy Thai Red Curry Meatballs



Grocery List

- 500 g (2 cups) turkey mince (ground turkey)
- ½ bunch (½ bunch) coriander (cilantro), chopped
- 3 (3) garlic cloves, grated or minced
- 2 tablespoons (2 tablespoons) fresh ginger, minced
- 2 tablespoons (2 tablespoons) oil, for searing the meatballs

For the sauce

- 1 (1) small brown onion, finely diced
- 100 g (3 ½ oz) Thai red curry paste
- 400 g (1 ⅔ cups) tin full fat coconut milk
- juice of 1 lime
- ½ bunch (½ bunch) bunch fresh basil, chopped
- ½ bunch (½ bunch) bunch fresh coriander, chopped
- ½ teaspoon (½ teaspoon) chili flakes, optional
- 3 (3) spring onions, finely sliced



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: Simmer meatballs in the curry sauce over medium heat until warmed through.
- Microwave: Heat for 2 minutes, stirring halfway.

Reinvent Leftovers

- Serve over noodles instead of rice.
- Stuff into wraps or pita with greens for lunch.
- Add extra veggies and broth to make a curry soup.



The Best Easy Creamy Cauliflower Cheese Soup



Grocery List

- 1 small head cauliflower, leaves removed and cut into florets (about 4-5 cups)
- 2 tablespoons butter
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 yellow onion, chopped
- 3 sprigs fresh thyme, leaves picked
- 2 small carrots, chopped
- 1 courgette, chopped (no need to peel)
- 250 ml (1 cup) whole milk
- 750 ml (3 cups) vegetable stock
- 100 g (1 cup) shredded cheddar, plus more for serving
- 1 teaspoon mixed spice
- $\frac{1}{4}$ teaspoon 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

- Stovetop: Warm over medium heat, stirring occasionally until smooth and hot.
- Microwave: Reheat for 1–2 minutes, stirring halfway.

Reinvent Leftovers

- Use as a sauce over roasted vegetables or pasta.
- Add crispy bacon or croutons for texture.
- Stir in cooked rice for a creamy casserole base.



Easy Stuffed Peppers with Rice



Grocery List

- 3 Red, Yellow, or Mixed Bell Peppers, halved lengthways
- 2 cloves Garlic, minced
- 3 tablespoon Extra Virgin Olive Oil
- 2 teaspoon Dried Oregano
- 500 g 3 cups Cooked Rice, warmed
- Kalamata Olives, to taste
- 1 Lemon, juice and zest
- 200 g Cherry Tomatoes, halved
- ½ bunch Basil, chopped
- For serving: 200g, 1 ¼ cups Feta, crumbled



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

- Oven: Bake at 180°C (350°F) for 15–20 minutes until warmed through.
- Microwave: Reheat for 2–3 minutes, checking the center for heat.

Reinvent Leftovers

- Chop up and mix into a rice bowl or salad.
- Turn into a wrap filling with cheese and salsa.
- Add to soup for extra flavor and texture.

