

# 6 Recipe Aldi Meal Plan Sept 7-13

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## ONE POT MEXICAN RICE

*Storage-* Cool rice completely and store in an airtight container with a tight fitting lid (in the fridge) for up to 3 days.  
*Reheat-* In the microwave in 30 second bursts until hot. Or in a non stick skillet until hot.

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## ONE POT CHORIZO PASTA

This sauce can be made in advance and frozen for batch cooking. Just skip the mozzarella and save that for serving. Also makes a lovely pasta bake too.

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## SWEET POTATO CURRY

Perfect for a meal prep situation. Check the post for all the freezing, defrosting and reheating instructions. This is a must serve with homemade 2 ingredient naan bread and rice.

## EASY STICKY CHICKEN

*Storage-* Cool the chicken completely and store in an airtight container in the fridge for up to 3 days.  
*Reheat-* This chicken reheats better in a pan on the stovetop. Microwaving causes the coating on the chicken to go soggy. .

## ROASTED TOMATO SOUP

Perfect for batch cooking. You can double or even triple the recipe and freeze in containers or freezer bags.  
*Reheat-* No need to defrost. Simply heat gently on the stove top until the soup is hot.

## STEAK FAJITAS

Steak fajitas are never great the next day. Reheating them tends to overcook the beef. But if you do have leftovers the best way to use them is to heat gently with some potatoes and a fried egg and have them as a breakfast dish..

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# Shopping List

## STORE CUPBOARD

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- olive oil
- salt & pepper
- basmati rice
- 1 small bag cashews
- pac small tortilla wraps
- corn starch
- 1 sachet oyster sauce
- 1 small bag dry roasted peanuts
- vegetable or chicken stock cubes
- 1 tin crushed tomatoes
- 1 box smooth passata
- 1 tomato puree
- chilli powder
- ground cumin
- Cajun spice mix
- dried oregano
- soy sauce (light or dark)
- honey
- white wine vinegar
- tortilla chips
- 1 bag rigatoni pasta
- Thai red curry paste (curry kit)
- 1 tin coconut milk

## MEAT, DAIRY & FROZEN

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- 500g chicken breast (boneless skinless)
- 225g sirloin steak
- 1 chorizo
- 1 tub Greek yogurt
- parmesan cheese
- 1 ball mozzarella
- 1 bag frozen peas
- 1 bag frozen sweet corn

## PRODUCE

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- 1 head garlic
- small bag carrots
- 1 courgette
- 1 bunch green onions
- 1 bunch thyme
- limes
- 2 packs mixed bell peppers (3 pack)
- ginger
- 2 bunches coriander
- 1 bunch basil
- 2 yellow onions
- 3 red onions
- 500g sweet potato
- 1 avocado
- 8-10 vine tomatoes