

# 6 Recipe Aldi Meal Plan Sept 14-20

1

## CREAMY CHICKEN BACON PASTA

*Storage-* Cool pasta 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.

3

## CHINESE LEMON CHICKEN

Not great for reheating as the crispy coating goes a little soggy, but it can still work if you use a hot pan rather than the microwave.

5

## COCONUT SALMON CURRY

The crust on this salmon is what make it so special and delicious. It's a quick and easy dinner, but be sure to use the quick tips so the salmon doesn't overcook.

## BUTTERNUT SQUASH CURRY

*Storage-* Cool the curry completely and store in an airtight container in the fridge for up to 3 days.  
*Reheat-* Perfect for leftovers, this curry just needs a quick zap in the microwave until hot..

2

## BAKED MAC & CHEESE

The perfect hands off dinner. And makes perfect leftovers for the next day. Simply reheat in a microwave safe container until hot..

4

## EGG FRIED RICE

Dump the Deliveroo guy and make takeaway at home instead!

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# Shopping List

## STORE CUPBOARD

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- tin chickpeas
- 1 box stock cubes (chicken or vegetable)
- 2 tins coconut milk
- 2 x 500g pasta shells
- Spices- curry powder, cumin, chilli, garlic granules, ground ginger, mixed spice
- 1 pack popadoms
- 1 jar mango chutney
- 1kg basmati rice
- 1kg demerara sugar
- 1 jar Thai red curry paste
- 1 bottle light or dark soy sauce
- 250g bag cashews or peanuts
- 1 jar honey
- 1 box cornstarch
- 1 litre vegetable oil
- 1 package of spring onion stir fry sauce (or similar)
- 1kg flour
- 1kg oats

## MEAT, DAIRY & FROZEN

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- 4 chicken breasts (boneless, skinless)
- 250g smoked pancetta
- 2 salmon fillets
- 1 pack parmesan
- 500g cheddar
- 300ml double cream
- 6 eggs
- 500g butter
- 1 litre milk
- 1kg frozen mixed berries

## PRODUCE

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- 3 head garlic
- small bag carrots
- 1 bag bean sprouts
- 1 bunch green onions
- 1 bunch thyme
- 3 limes
- 1 bunch coriander
- 1 bunch basil
- 1 bunch parsely
- 1 pack fresh ginger
- 1 yellow onion
- 2 lemons
- 1 red onion
- 1 butternut squash
- 1 bag spinach