

6 Recipe Aldi Meal Plan Sept 28-Oct 4

1

QUICK & EASY RICE STUFFED PEPPERS

Storage- Cool the peppers 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.

3

EASY STOVE TOP LASAGNA

While this is cooking be sure to keep an eye on the level of liquid in the pan. If it starts to get a little dry before the lasagna noodles are cooked, add in some more broth or water.

5

CHICKEN RICE SOUP

This soup is perfect for heating up the next day. But as it cools and sits in the fridge the rice soaks up all of the soup and turns into a rice casserole. This is absolutely heavenly, but if you prefer a more soup like consistency, simple thin it out with some milk, water or chicken stock made from a stock cube.

INDIAN LAMB 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

4

RED LENTIL DHAL

This dhal is so healthy and comforting. Do yourself a huge favour and make the homemade 2 ingredient naan bread that goes with it.

QUICK & EASY CHINESE NOODLES

Perfect for your busiest night of the week. A quick noodle dinner that's perfect served hot or cold.

6



Shopping List

STORE CUPBOARD

- olive oil
- dried oregano
- ground cinnamon
- ground cumin
- ground turmeric
- curry powder
- basmati rice
- kalamata olives
- 1 tin chopped tomatoes
- 1 box passata
- 1 box chicken stock cubes
- 1 tin coconut milk
- dark soy sauce
- 1kg demerara sugar
- 1 jar Thai red curry paste
- Italian seasoning
- 1kg plain flour
- natural peanut butter
- chilli sauce (Sriracha)
- demerara sugar
- 1 package of spaghetti
- Thai red curry paste
- 500g split red lentils
- 1 box dried lasagna sheets

MEAT, DAIRY & FROZEN

- 4 chicken breasts (boneless, skinless)
- 750g leg of lamb
- 500g minced beef
- 1 pack parmesan
- 250g chorizo
- 6 eggs
- 250g butter
- 200g feta cheese
- 250g mascarpone
- 225g mozzarella
- 500ml milk (whole, semi-skimmed)

PRODUCE

- 3 head garlic
- small bag carrots
- 5 bell peppers (red & orange)
- 3 lemons
- 3 limes
- 1 pomegranate
- 1 bunch basil
- 1 head garlic
- 1 pack fresh ginger
- 4 yellow onion
- 1 mango
- 1 butternut squash
- 1 bag spinach
- 1 head celery
- 1 pack brown mushrooms