

6 Recipe Aldi Meal Plan Oct. 12-18

1 CHUNKY CHICKEN CHILI

This chili is so comforting. Do yourself a huge favour and make some extra so that you can have leftovers for the next day.

2 CREAMY TOMATO TORTELLIN SOUP

Storage- Cool the soup 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. This soup makes the perfect lunch the next day!

3 COCONUT CHICKEN CURRY

Storage- Cool the curry 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. This curry makes the perfect lunch the next day!

4 30 MINUTE STEAK FAJITAS

Beef Cooking Tip- Bring your rump steak up to room temperature, and preheat your pan before cooking.

5 ONE PAN 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 noodles are cooked, add in some more broth or water.

6 7 INGREDIENT CHORIZO PASTAI

Storage- Cool the 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. This soup makes the perfect lunch the next day!



Shopping List

STORE CUPBOARD

- olive oil
- 1 tube tomato puree
- 4 tins chopped tomatoes
- vegetable stock cubes
- 250g pack tortellini
- soy sauce -light or dark
- curry powder
- turmeric
- demerara sugar
- 1 tin coconut milk
- Italian seasoning
- ground cumin
- chili garlic spice
- chili powder
- 2 boxes passata
- 1 box lasagna sheets
- 1 pack rigatoni or other short noodle
- 1 pack small flour tortillas
- Cajun spice mix
- dried oregano
- 1 tin taco spiced mixed beans
- 1 jar basil pesto
- 1 tin sweet corn

MEAT, DAIRY & FROZEN

- 1kg chicken breasts (boneless, skinless)
- 500g lean minced beef
- 1 pack smoked pancetta
- 1 sheet puff pastry
- 1 egg
- 250g mascarpone
- 300ml single cream
- 225g sirloin steak
- 450g chorizo
- 250g parmesan
- 2 fresh mozzarella
- 1 bag shredded mozzarella
- Greek yogurt

PRODUCE

- 1 head garlic
- 3 onions
- 1 bunch rosemary
- 1/2 bunch basil
- 1/2 bunch coriander
- 2 red onions
- 400g bag spinach
- 1 pack fresh ginger
- 5 bell peppers (yellow, red & orange)
- 1 avocado
- 2 limes
- 1 jalapeno
- 1 pack brown mushrooms