

6 Recipe Aldi Meal Plan Oct. 12-18

1 CHEESY BAKED TORTELLINI

A little goes a long way for this tortellini pasta bake. Serve it with some bread and a salad and it's definitely enough to feed 4 people .

3 COCONUT SALMON 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!

5 BAKED GNOCCHI

This gnocchi keeps well in the fridge or freezer. Just let it cool completely before you place it in an airtight container. Keeps in the fridge for upto 3 days or in the freezer for up to 3 months.

2 15 MINUTE BEEF STIR FRY

Top tip- when cooking beef, be sure to let it warm up to room temperature and preheat your pan before cooking. That way you ensure it won't be tough and over done.

4 CREAMY TOMATO PASTA

This pasta is perfect for leftover lunch the next day. Just heat up in the microwave or a pan for a few minutes. .

6 CHICKEN MUSHROOM PIE

If you're looking to do some meal prep, this is a great make ahead filling that you can freeze. Simple defrost and place the pastry over top and bake until the filling is hot and the pastry is cooked.



Shopping List

STORE CUPBOARD

- olive oil
- 1 pack dried spaghetti
- soy sauce
- honey
- Sriracha
- 1 packet potato gnocchi
- 2 boxes passata
- curry powder
- demerara sugar
- Thai red curry paste
- 1 tin coconut milk
- 1 box chicken stock cubes
- plain flour
- 250g pack dried tortellini
- dried oregano
- dried thyme
- dried basil
- cinnamon
- ground ginger
- sea salt

MEAT, DAIRY & FROZEN

- 150ml double cream
- 600g rump steak
- 2 salmon fillets
- 1 sheet puff pastry
- 1 tub ricotta
- 2 chicken breast
- 1 egg
- butter
- milk
- bacon lardons
- 250g parmesan
- 1 fresh mozzarella
- 1 bag shredded mozzarella
- frozen peas & sweetcorn

PRODUCE

- 500g fresh tomatoes
- 4 onions
- 1 bunch rosemary
- 1 bunch basil
- 1 bunch coriander
- 1 bunch thyme
- 1 head garlic
- 3 bell peppers
- 1 courgette
- fresh ginger
- 1 lime
- 1 bunch spring onions
- 1 bag washed spinach
- 1 pack brown mushrooms
- 2 large carrots