



# 6 Recipe Aldi Meal Plan Oct.26-Nov.1

## 1 CREAMY BUTTERNUT SQUASH PASTA

Double up on the sauce for this pasta and pop one in the freezer for busy night

## 3 CREAMY 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!

## 5 EASY DHAL CURRY

This dhal 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.

## ITALIAN MEATBALLS IN TOMATO SAUCE

These meatballs are so easy and are perfect for meal prep. To freeze them, follow the recipe up until the cooking part. Instead of cooking them, freeze them on a baking tray and then store in a freezer bag until you need them.

## ONE POT LENTIL SOUP

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

## EASY CHICKEN BACON PASTA

Make it all in one pan and simply place the pan in the middle of the table for every one to help themselves. Saves on washing up!



# Shopping List

## STORE CUPBOARD

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- olive oil
- 2 packs penne pasta
- soy sauce
- 1 tube tomato puree
- green lentils (dry or tinned)
- 1 box passata
- 1 tin chopped tomatoes
- demerara sugar
- curry powder
- 1 tin coconut milk
- Red thai curry paste
- Italian Pasta Herb grinder
- Italian Dry Herb Grinder
- dried oregano
- dried thyme
- dried basil
- sea salt
- cumin
- turmeric
- 1 box stock cubes (chicken or vegetable)

## MEAT, DAIRY & FROZEN

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- 750g chicken breasts (boneless, skinless)
- 2 packs smoked pancetta
- 250g parmesan
- 200ml double cream
- 750g minced pork & beef mix
- 100ml milk

## PRODUCE

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- 2 butternut squash
- 2 heads garlic
- 3 yellow onions
- 2 red onions
- 1 bunch parsley
- 1 bunch rosemary
- 1 bunch coriander
- fresh ginger
- 1 lime
- 1 lemon
- 2 carrots
- 4 ribs celery
- 1 small bag mini potatoes
- 1 small bag baby spinach washed
- 1 punnet mixed baby plum tomatoes
- 1 pomegranate