

# 6 Recipe Aldi Meal Plan Nov. 2-Nov.8

## 1 15 MINUTE SPINACH RICOTTA PASTA

A simple meatless Monday pasta dish. It's perfect for leftovers too. If you do want to add something extra then think about mushrooms, chicken or prawns. .

## 3 TOMATO BAKED GNOCCHI

*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 tortellini makes the perfect lunch the next day!

## 5 CAJUN CHICKEN PASTA

This pasta dish is always a hit and is great for leftovers. Just follow the same instructions as the baked gnocchi and you're good to go.

## SWEET N SOUR CHICKEN

Everyone loves takeout, but maybe you don't have the means or it's not accessible to you at the minute. This "fakeaway" is much healthier than an actual takeaway with nothing but whole ingredients and no junk.

## KOREAN BEEF STIR FRY

Perfect for when you just don't have the energy to do much more than sear some beef and boil some noodles. Only a few ingredients that go a very long way. .

## CHEESY BAKED TORTELLINI

This is like lasagna but so simple and quick. No layers, no fuss. Just rich tomato sauce, cheese stuffed tortellini all baked with a bubbling blanket of mozzarella.

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# Shopping List

## STORE CUPBOARD

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- olive oil
- 500g spaghetti
- soy sauce
- pasta seasoning (in the spice aisle)
- chilli flakes
- mixed spice
- cornstarch
- cider vinegar
- demerara sugar
- potato gnocchi
- ketchup
- 1 tin pineapple slices
- 2 x passata
- honey
- Sriracha
- Cajun spice
- 1 tin tomatoes
- 500g rigatoni or penne
- 250g dried pack of tortellini
- dried oregano
- dried basil
- cinnamon

## MEAT, DAIRY & FROZEN

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- 750g chicken breasts (boneless, skinless)
- 2 x 250g full fat ricotta
- 2 x 225g single cream
- 250g parmesan
- 200ml double cream
- 1 ball fresh mozzarella
- 250g shredded mozzarella
- 600g rump steak

## PRODUCE

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- ginger
- 2 heads garlic
- 1 bag washed spinach
- 2 x lemons
- 1 bunch parsley
- 3 brown onions
- 2 x packs mixed bell peppers
- 1 courgette
- 1 bunch rosemary
- 1 bunch spring onions
- 1 bunch basil
- fresh thyme
- coriander