



6 Recipe Aldi Meal Plan Nov. 9-15

1

CHEESEBURGER PASTA

All the properties of a cheese burger but with little fuss and leftovers for the next day. To store simply cool completely before putting into the fridge in an airtight container. Keeps for up to 4 days.

3

CHICKEN & RICE 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 thickens as it sits in the fridge. Add in some water or just have it thick.

5

STICKY CHICKEN

This chicken is perfect for meal prep because it freezes like a dream. Simply cook according to the recipe and freeze for up to 3 months. Thaw overnight and reheat in the microwave or on the stove top.

SWEET POTATO CURRY

This vegan curry is so easy and comforting. Perfect for any night of the week. If you want, feel free to add some cooked chicken or fish to this curry to give you that extra helping of protein.

COCONUT SALMON CURRY

Keep a close eye on the salmon while it's under the grill so it doesn't get too dark.

CREAMY TOMATO PASTA

The easiest recipe of the week. Simple fresh tomatoes and some cream. You can use tinned chopped tomatoes if you need to make this a true pantry meal.

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4

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Shopping List

STORE CUPBOARD

- olive oil
- 500g spaghetti
- soy sauce
- 1 tin cherry tomatoes (or crushed)
- chilli flakes
- honey
- cornstarch
- cider vinegar
- demerara sugar
- Basmati rice
- 2 x tin coconut milk
- chicken stock cubes
- white wine vinegar
- Thai red curry paste
- 1 sachet oyster sauce
- cashews
- dry roasted peanuts
- curry powder
- garlic powder
- ground ginger
- paprika
- sea salt
- plain flour

MEAT, DAIRY & FROZEN

- 175g cheddar, shredded
- 500g minced beef
- 100g mozzarella
- 6 boneless skinless chicken breasts, diced into 2cm cubes
- butter
- milk
- 2-4 salmon fillets
- 150ml double cream

PRODUCE

- 1 onion
- 2 head garlic
- 500g sweet potatoes
- 2 red onion
- ginger
- 1 bag spinach
- 1 bunch parsley
- 1 bunch basil
- 1 bunch coriander
- 1 pack brown mushrooms
- 1 head celery
- 2 large carrots
- 500g fresh tomatoes
- 1 bunch spring onions
- 1 lime
- 2 red bell peppers