



6 Recipe Aldi Meal Plan Nov. 16-22

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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..

PEANUT BUTTER CHICKEN

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Top tip for this one- use natural peanut butter for this chicken so you get a rich roasted peanut flavour rather than regular peanut butter that will be very sweet.

3

EASY PRAWN CURRY

If you're not a fan of seafood, or you have a shell fish allergy, you can easily substitute chicken in this curry. If you go with the prawns, I recommend making sure that you have no leftovers. Prawns don't keep well.

ONE PAN LASAGNA

4

This is one of my favourite recipes. All the flavours of a classic lasagna, but with hardly any effort. Freezes really well and makes great leftovers..

5

CHICKEN GOUJONS (TENDERS)

The perfect weekend dinner. If you can't go out for chicken in a basket, make it at home. Add in some oven chips (fries) and you've got the perfect Netflix dinner.

SQUASH & CHICKPEA CURRY

6

A perfect recipe for meal prep. This curry sits in the fridge happily for 3-4 days and freezes just as well.



Shopping List

STORE CUPBOARD

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|--------------------------------|-----------------------------|----------------------|
| • olive oil | • demerara sugar | • 1 tin chickpeas |
| • 250g spaghetti | • egg noodles | • 1 tin coconut milk |
| • soy sauce | • honey | • ground cumin |
| • chicken/veg stock cubes | • Dijon mustard | • curry powder |
| • smooth natural peanut butter | • sweet corn (fresh/frozen) | • chilli flakes |
| • chilli flakes | • Italian seasoning | • ground cinnamon |
| • dry roasted peanuts | • 500g box passata | • basmati rice |
| • 1x Thai red curry kit | • lasagna sheets (dried) | • popadoms |
| | | • plain flour |
| | | • breadcrumbs |
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MEAT, DAIRY & FROZEN

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|-----------------------|----------------------------|
| • 150ml double cream | • 250g chorizo sausage |
| • 600g chicken breast | • 250g mascarpone |
| • 300g frozen shrimp | • 4 eggs |
| • 500g lean mince | • 30g grated parmesan |
| beef | • 300g shredded mozzarella |
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PRODUCE

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|-----------------------|--------------------|----------------------------|
| • 500g fresh tomatoes | • 700g bag spinach | • 1 bunch coriander |
| • 2 red onions | • 2 limes | • 1 courgette |
| • 2 brown onions | • fresh ginger | • 1 small butternut squash |
| • 1 head garlic | • 1 mango | |
| • 2 bunches basil | | |