

# 6 Recipe Aldi Meal Plan Dec.21-Dec.27

## 1 **ONE-POT RICE & PEAS (VEGAN)**

Meatless Monday. A quick and easy, but super comforting one-pan dinner. A really healthy rice dish with kidney beans and simple spices.

## **ITALIAN MEATBALLS IN TOMATO SAUCE**

Another 30-minute recipe. Perfect for leftovers and lunch the next day. Add some noodles and turn it into a pasta bake with some fresh mozzarella and 20 minutes under the grill until the cheese is bubbling and golden.

## 3 **CRISPY CHILLI BEEF**

A 15-minute dinner that's perfect for this busy time of the season. Serve it over rice or noodles with some steamed broccoli.

## **WEEKNIGHT ASIAN CHICKEN**

This is a perfect fakeaway dinner. Sticky sweet and mildly spicy sauce tossed with tender juicy chicken. Serve with rice or noodles.

## 5 **BEEF COBBLER WITH CHEDDAR SCONES**

A slow-cooked tender beef stew topped with fluffy cheddar scones. Perfect if you're doing Christmas for a smaller group and want something comforting but still simple. (And affordable)

## **COCONUT CHICKEN CURRY**

Tender chicken snuggled into creamy coconut curry sauce. Serve it with naan bread and rice. It's also perfect for leftovers.

# 2

# 4

# 6



# Shopping List

## STORE CUPBOARD

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- Cajun spice
- Chicken seasoning
- 400g tin red kidney beans
- vegetable stock cubes
- 2 x 400g tin light coconut milk
- basmati rice
- Spices- oregano, basil, Italian pasta mix
- tomato puree
- 1 carton passata
- cornflour/ cornstarch
- soy sauce
- honey
- white wine vinegar
- 1 sachet oyster sauce
- plain flour
- English mustard
- Worcestershire sauce
- red wine
- beef stock cubes
- baking powder
- ketchup
- curry powder
- turmeric
- demerara sugar
- 400g tin chopped tomatoes

## MEAT, DAIRY & FROZEN

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- 750g mince beef & pork mix
- 1 egg
- 200ml milk
- 1kg boneless skinless chicken breast
- 80g strong cheddar
- 250g butter
- 400g lean diced beef
- 250g sirloin
- 50g Grana Padano

## PRODUCE

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- 3 yellow onion
- 1 head garlic
- fresh ginger
- 1 bunch thyme
- 1 bunch spring onions
- 1 red bell pepper
- 4 carrots
- 1 bunch celery
- 1 bunch parsley
- red chilli pepper
- 1 lime
- 1 bunch coriander
- 1 red onion