

6 Recipe Aldi Meal Plan Dec.7-Dec.13

1 **TOMATO BAKED GNOCCHI**

Meatless Monday. A quick and easy, but super comforting one pan dinner. A cheesy baked gnocchi that the whole family will love.

3 **SQUASH & CHICKPEA CURRY**

Comforting and easy. A healthy curry that's perfect for meal prep and freezes really well. Freeze in an airtight container for up to 3 months.

5 **CRISPY CHILLI BEEF**

Crispy chilli beef with a sweet and sour sticky sauce. Perfect for serving over noodles.

30 MINUTE SAUSAGE PASTA

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

CHINESE LEMON CHICKEN

This is a perfect fakeaway dinner however, it doesn't keep very well as it tends to go a little soggy the next day. Serve with rice or noodles.

CHICKEN CHILLI

Nothing is better on a cold Sunday than a steaming pot of chilli on the stove simmering away. Serve this with tortilla chips and sour cream or Greek yogurt. Also makes amazing leftovers.

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Shopping List

STORE CUPBOARD

- 1 tin cherry tomatoes
- 2 tins chopped tomatoes
- dried oregano, cumin, chilli powder, chilli garlic spice, cinnamon, curry powder, chilli flakes
- chicken/ veg stock cubes
- cornstarch
- soy sauce
- honey
- 500g basmati rice
- 1 tin mixed beans (taco seasoned if available)
- 500g dried penne
- white wine vinegar
- ketchup
- 1 tin full fat coconut milk
- popadoms
- 500g potato gnocchi
- 1 box passata

MEAT, DAIRY & FROZEN

- 3 Lincolnshire sausages
- 100ml single cream
- 1kg boneless skinless chicken breast
- 250g sirloin steak
- 340g frozen sweetcorn
- 1 egg
- 1 tub ricotta
- 1 fresh mozzarella
- 200g parmesan

PRODUCE

- 2 shallots
- 1 head garlic
- 4 bell peppers
- 1 bag spinach
- 2 lemons
- 1 jalapeno
- 1 red onion
- 250g mushrooms
- fresh ginger
- 2 yellow onions
- 1 small butternut squash
- 1 bunch coriander
- 1 bunch rosemary