

6 Recipe Aldi Meal Plan Jan.25-Jan.31

1

ROASTED TOMATO PASTA

I've included the ingredients for making the roasted tomatoes (they only take about 30 minutes, but you can just as easily use a tin of chopped tomatoes for this recipe too. And it keeps really well for leftovers.

3

CREAMY TUNA PASTA BAKE

Indulgent but still healthy and the perfect cozy night in dinner. Load it up with frozen vegetables like peas and sweet corn and your kids won't even notice that it's good for them.

5

RED LENTIL DHAL CURRY

A simple comforting vegetarian dinner that is a dream for lunch the next day. Serve it with the 2 ingredient naan and some rice, or just on its own. It's high in protein and very satisfying.

SHREDDED CHICKEN CHILLI

Big batch cooking that's perfect for fridge storage or freezing. Serve it with rice, avocado and tortilla chips or serve a baked potato. Either way, it's healthy comfort food for long winter nights.

2

SLOW COOKER COTTAGE PIE

Let your slow cooker do all the work while you take a much-needed breather. This cottage pie makes itself. All you need to do is make some super simple mash potato for spreading on top and dinner is ready!

4

ONE POT MEXICAN RICE

It's vegetarian, but feel free to add chicken or prawns or serve it alongside tacos or fajitas or just have it as a meal in itself. There are enough veggies to make it feel substantial and it's the perfect dish to add in some chicken or other protein.

6



Shopping List

STORE CUPBOARD

- | | | |
|------------------------|------------------------------|------------------------|
| • Worcestershire sauce | • 1 tin tuna packed in water | • tortilla chips |
| • tomato paste | • mixed spice | • Thai red curry paste |
| • flour | • English mustard | • curry powder |
| • red wine (optional) | • 1 tin mixed beans | • turmeric |
| • beef stock cube | • 3 tin chopped tomatoes | • 200g red lentils |
| • 300g cooked pasta | • dried oregano | • tomato puree |
| • 500g dried penne | • ground cumin | • olive oil |
| • vegetable stock cube | • chilli powder | • basmati rice |
| | • chilli garlic spice | • chicken stock cubes |

MEAT, DAIRY & FROZEN

- | | | |
|-----------------------|--------------------------|---------------------|
| • 75g smoked pancetta | • 1-litre milk | • 1 kg frozen corn |
| • 115ml single cream | • 250g mature cheddar | • 1 kg frozen peas |
| • 500g minced beef | • 500g boneless skinless | • 75ml Greek yogurt |
| • 250g butter | chicken breast | |

PRODUCE

- | | | |
|-------------------|-----------------------|---------------------|
| • 8 tomatoes | • 4 carrots | • 500g mushrooms |
| • 1 head garlic | • 4 large potatoes | • 1 courgette |
| • 1 avocado | • 1 butternut squash | • 1 bunch coriander |
| • 4 yellow onions | • 1 bag baby spinach | • 1 bunch parsley |
| • 1 red onion | • 1 punnet mixed baby | • 3 bell peppers |
| • fresh ginger | plum tomatoes | • 1 jalapeno |