

6 Recipe Aldi Meal Plan

Jan. 11-Jan. 17

1 **SLOW COOKER COTTAGE PIE**

Easy, comforting and makes enough for leftovers for lunches for the week. A true British comfort food classic.

WEEKNIGHT STICKY CHICKEN

Another 30-minute recipe. This is the kind of recipe that makes you want to split up with your Deliveroo guy. Better, faster and healthier than takeout. Oh, and cheaper!

3 **COCONUT SALMON CURRY**

The salmon recipe for people who don't like salmon. This recipe will make you a believer. It's got a sweet and spicy rub and a coconut curry sauce. A new favourite.

ONE-POT CHORIZO PASTA

A true hero of a dinner. This recipe is always a favourite. 7 Ingredients and ready in about 15 minutes!.

5 **KOREAN BEEF STIR FRY**

Another simple dinner that's perfect for serving with rice or noodles. Just make sure that the beef is at room temperature before you sear it, so it cooks evenly.

ONE-POT CHICKEN & BROCCOLI BAKE

Tender chicken snuggled into fluffy rice and baked over with cheese. Comfort food for these long winter nights. This recipe is amazing for lunch the next day too!

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Shopping List

STORE CUPBOARD

- 2 tablespoons olive oil
- Worcestershire sauce
- tomato paste
- flour
- 125 ml red wine
- beef stock cube
- corn starch or flour
- garlic powder
- sea salt
- soy sauce
- honey
- white wine vinegar
- 1 sachet oyster sauce
- chopped peanuts
- demerara sugar
- curry powder
- ground ginger
- chicken stock cube
- Thai red curry paste
- 1 tin coconut milk 400ml (full fat or low fat is fine)
- 400g Rigatoni or similar noodle
- 1 box passata
- 1 tablespoon dried oregano
- 300g rice (basmati or brown)

MEAT, DAIRY & FROZEN

- 500g minced beef
- 175g frozen peas
- 2 salmon fillets
- 200g Spicy Italian Sausage
- 75ml Greek yoghurt
- 100g butter
- 250ml milk
- 500g boneless skinless chicken
- 250g Parmesan
- 1 Mozzarella ball
- 600g rump steak
- 2 chicken breasts
- 55g cheddar cheese

PRODUCE

- 1 head garlic
- 3 onions
- 500g brown mushrooms
- 5 carrots
- 4 large potatoes
- 1 bunch green onion
- 2 tablespoons fresh ginger
- juice of 1 lime
- 100g fresh spinach
- fresh basil
- fresh coriander
- 4 bell peppers Red, yellow, orange
- 1 courgette
- 2 springs rosemary