

6 Recipe Aldi Meal Plan

Feb. 8- Feb. 14

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HOMEMADE PASTA SAUCE

A rich and hearty pasta sauce that only takes about 30 minutes from start to finish. Freeze the leftovers for a later time. This scratch-made sauce is also naturally gluten-free and vegan

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COCONUT CHICKEN CURRY

One of our favourite curry recipes. Tender chicken all snuggled into a super flavourful creamy coconut curry sauce. Serve with fluffy rice and either some naan or poppadoms. Leftovers are perfect heated up in the microwave for lunch the next day.

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CHINESE LEMON CHICKEN

You can skip your usual Friday night takeaway and make this crispy Chinese lemon chicken. It's a reader favourite! Although not a health food it's not full of junk the way a takeaway could be.

SLOW COOKER CHILLI CON CARNE

Another simple slow cooker dinner that is healthy, hearty and filling. Toss everything into the slow cooker and let it do its thing. This chilli will happily sit in the crockpot until you're ready for it. the flavours will just get more rich and intense.

HEARTY LENTIL SOUP

I know lentil soup doesn't sound like a dream dinner, but when you add in herbs, vegetables and smoky bacon, I can assure you this is a perfect dinner. Super healthy and perfect for meal prep because it freezes really well.

BEEF COBBLER WITH CHEDDAR SCONES

What's better than super tender slow-cooked beef a rich sauce all topped with fluffy cheddar scones all baked in one dish? Well. Nothing. This beef cobbler is the perfect effortless weekend dinner.

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Shopping List

STORE CUPBOARD

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|-----------------------------------|-----------------------------|----------------------|
| • olive oil | • English mustard | • cocoa powder |
| • garlic granules | • Worcestershire sauce | • curry powder |
| • oregano | • red wine | • turmeric |
| • basil | • beef stock cube | • dark soy sauce |
| • cinnamon | • plain flour | • demerara sugar |
| • chilli flakes | • baking powder | • 1 tin coconut milk |
| • tomato puree | • 1 x 400g tin kidney beans | • green lentils |
| • vegetable stock cube | • dried thyme | • white wine vinegar |
| • 4 x 400ml tins chopped tomatoes | • chilli powder | • cornstarch |
| | • cumin | • honey |
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MEAT, DAIRY & FROZEN

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|------------------------|---------------------------------|-------------------------------|
| • 400g lean diced beef | • 250g lean mince beef | • sour cream or Greek yoghurt |
| • strong cheddar | • 350g smoked pancetta | |
| • 250g butter | • 1 egg | |
| • 100ml milk | • 1kg boneless skinless chicken | |
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PRODUCE

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| • 2 red onion | • 6 mini potatoes | • 2 lemons |
| • 3 yellow onion | • 1 bunch rosemary | • 1 bunch spring onions |
| • 1 head garlic | • 1 bunch parsley | • 2 limes |
| • 1 bag carrots | • fresh ginger | • 1 avocado |
| • 1 head celery | • 1 bunch coriander | |
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