

6 Recipe Aldi Meal Plan Mar. 22-28

1

DRUNKEN NOODLES

Spicy, slurpable drunken noodles! Lots of fresh veggies and lean chicken. This Thai street food classic will be on your table in 15 minutes flat! Perfect for leftovers and being served hot or cold

3

ONE POT MEXICAN CHICKEN

A spicy fresh take on Mexican chicken. Loaded with sweet bell peppers and corn this golden crispy chicken dish only takes 30 minutes. Dust the chicken in flour to get a really crispy coating on the chicken.

5

CREAMY ROASTED TOMATO PASTA

Fancy enough for date night in, but quick and easy enough for even the busiest night of the week. Add in some grilled chicken or prawns or make it vegetarian. This pasta recipe is so easy and so adaptable. A new family classic!

SWEET POTATO CARROT SOUP

Mildly spicy sweet potato and carrot soup with Thai herbs is the perfect 30-minute dinner. Serve it with some rice and chopped almonds for a complete meal. It's cheap to make and really healthy.

PAN FRIED SALMON

All made in a simple garlic butter parsley sauce. Everything gets made in one pan and only takes about 15 minutes! The perfect healthy, dinner. Serve it with rice or roast potatoes.

STICKY WEEKNIGHT CHICKEN

Basic pantry ingredients mixed into a sweet, sticky and mildly tangy sauce that gets tossed with your crispy chicken breast and served over some rice. You can use noodles instead of rice, but this chicken is made for fluffy white rice.

2

4

6



Shopping List

STORE CUPBOARD

- plain flour
- olive oil
- 1 tin sweet corn
- tomato paste
- chicken stock cubes
- garlic granules
- paprika
- chilli powder
- chilli flakes
- brown rice noodles
- 2 x sachet oyster and spring onion sauce
- Sriracha chilli sauce
- dark soy sauce
- vegetable stock cubes
- Thai red curry kit
- Basmati rice
- 500g pack spaghetti
- corn starch
- honey
- white wine vinegar
- dry roasted peanuts
- Cajun spice

MEAT, DAIRY & FROZEN

- 1kg boneless skinless chicken breast
- butter
- 300ml single cream
- 4 fillets of fresh salmon
- 75g smoked pancetta

PRODUCE

- 2 red onion
- 3 red pepper
- 3 lemon
- 500g spinach
- coriander
- basil
- 1 courgette
- 6 small carrots
- 1 bunch spring onions
- 2 large sweet potatoes
- 1 head garlic
- 1 bunch parsley
- 6 plum tomatoes
- fresh ginger
- 1 lime
- green jalapeno