

# 6 Recipe Aldi Meal Plan Mar. 29-April 4

1

## VEGETABLE ENCHILADAS

An easy recipe with roasted veggies and homemade enchilada sauce. Perfect for meatless Monday and makes great leftovers.

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## CHEESEBURGER PASTA

All made in one pan to get dinner on the table quickly. This also freezes really well so you can use this recipe for meal prep and freezer filling.

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## COCONUT CHICKEN CURRY

Rich tomato sauce with coconut milk and tender chicken. Heats up in the microwave and is freezable too. A few simple spices and some tomatoes for the base for this sauce.

## HONEY CHILLI CHICKEN

A huge reader favourite. To reheat this chicken be sure to use a pan rather than the microwave so that the chicken stays crispy.

## HONEY GARLIC SALMON

30 Minutes and all made on one tray. repurpose the leftovers for use in pasta or salad the next day.

## MAPLE GLAZED HAM

This maple glazed ham is such a great option for Easter Sunday. Make it in the slow cooker and use the leftovers for the following week.

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# Shopping List

## STORE CUPBOARD

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|-------------------------|------------------------|--------------------------------|
| • 300g macaroni         | • olive oil            | • paprika                      |
| • paprika               | • tomato puree         | • garlic granules              |
| • 1 tin cherry tomatoes | • curry powder         | • dried oregano                |
| • chicken stock cubes   | • turmeric             | • vegetable stock cubes        |
| • plain flour           | • demerara sugar       | • small flour tortillas        |
| • sweet chilli sauce    | • tin chopped tomatoes | • 330ml cider (or apple juice) |
| • soy sauce             | • tin coconut milk     | • maple syrup                  |
| • cornflour             | • chilli powder        | • English mustard              |
| • honey                 | • cumin                | • mixed spice                  |

## MEAT, DAIRY & FROZEN

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|---|--|
| • 500g minced beef                      | • 500g boneless side of salmon           |
| • 250g mozzarella                       | • 250g butter, salted                    |
| • 1kg boneless skinless chicken breasts | • 300g cheddar                           |
|   | • 1 smoked gammon, deboned (about 1.5kg) |

## PRODUCE

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|-------------------|---------------------------|-----------------------|
| • 3 onions        | • spring onions           | • 1 bunch asparagus   |
| • 1 bulb garlic   | • red chillies            | • 1 small cauliflower |
| • 1 bunch parsley | • fresh coriander         | • ½ bunch parsley     |
| • fresh ginger    | • 500g miniature potatoes | • 1 sweet potato      |
| • 2 lime          | • 1 carrot                | • 1 avocado           |
| • 1 red pepper    |                           | • 2 apples            |