

# 6 Recipe Aldi Meal Plan April 19-25

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## **BUTTERNUT SQUASH & CHICKPEA CURRY**

The perfect dinner for meatless Monday. Quick and easy and great for leftovers.

## **CHINESE LEMON CHICKEN**

Crispy chicken tossed in a tangy lemon sauce. This chicken is perfect served with fluffy rice. Not great for leftovers because it doesn't stay crispy.

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## **ONE-POT MEXICAN RICE**

Always a reader favourite, this rice dish can be on the table in no time. Leftovers get stored for up to 3 days in the fridge.

## **TOMATO CHICKEN PASTA**

This tomato chicken pasta is your dinner dream! Only 30 minutes and simple ingredients make up with this creamy tomato sauce that clings to golden tender chicken and hugs all those silky pasta noodles. Finish it off with some parmesan cheese and fresh basil

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## **CREAMY COCONUT SALMON CURRY**

This salmon is baked with a sweet, and salty and just a little bit spicy crust that seals all the moisture into the salmon. No dry salmon here! And that homemade Thai curry sauce that just brings everything together in the most creamy, fragrant, way that only a comforting curry can do.

## **STEAK FAJITAS**

These steak fajitas are your answer for a quick weeknight dinner that brings all the flavour to the table! Marinated sirloin steak seared to perfection with peppers, onions and all the avocado and lime! It's a quick skillet dinner that the whole family will love. Easy prep, big, bold flavours and all served in the pan.

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# Shopping List

## STORE CUPBOARD

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- 1 x 400g tin cherry tomatoes
- 2 tins chopped tomatoes
- chicken stock cubes
- 500g dried pasta
- 250g basmati rice
- 250g tinned corn
- 1 tin chickpeas
- chilli powder
- cumin powder
- tomato puree
- demerara sugar
- curry powder
- ground ginger
- garlic powder
- Thai red curry paste
- 2 tin coconut milk
- popadoms
- soy sauce
- white wine vinegar
- cornstarch
- honey
- 8-10 small flour tortillas
- Cajun spice mix
- chilli flakes
- ground cinnamon
- tortilla chips
- basmati rice

## MEAT, DAIRY & FROZEN

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- 1 kg chicken breasts
- 2 salmon fillets
- mascarpone cheese
- parmesan cheese
- frozen peas
- 225g sirloin Steak
- Greek yogurt
- 1 egg

## PRODUCE

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- 2 red onions
- 2 yellow onions
- 1 head garlic
- 1 bunch basil
- 1 bag rocket
- 2 lemons
- 1 large carrot
- 1 courgette
- 1 bunch coriander
- fresh ginger
- 3 limes
- 1 bag spinach
- fresh coriander
- 1 red pepper
- 1 yellow pepper
- 1 avocado
- 1 butternut squash