

6 Recipe Aldi Meal Plan May 30- June 6

1

TOMATO CHICKEN PASTA

The perfect way to start a bank holiday Monday. A quick and easy but still creamy and delicious pasta that makes perfect leftovers too!

COCONUT SALMON CURRY

2

Cooking fish at home can be intimidating, but this curry salmon recipe takes all the stress away. A simple brown sugar crust and fish that's grilled to perfection every time. A new favourite for sure!

3

STUFFED PEPPERS WITH RICE

Keeping it light mid-week with these rice stuffed peppers with marinated cherry tomatoes. Simple, light and still comforting.

CHICKEN GOUJONS

4

Oven-baked rather than deep-fried, these chicken goujons will satisfy your cravings for takeaway but will keep that sluggish feeling away. Serve with the hot mustard sauce and some oven-roasted potato wedges for the perfect dinner!

5

THAI CURRY TURKEY MEATBALLS

Lean, full of flavour and totally healthy. These saucy Thai curry turkey meatballs are perfect served over noodles or rice and freeze any leftovers like a dream!

CRISPY BEEF IN OYSTER SAUCE

6

This crispy oyster beef is what you make when you have no idea what to make. It's full of flavour and texture and comes together in only 15 minutes! Faster than any delivery you could find!



Shopping List

STORE CUPBOARD

- 1 x 400g tin cherry tomatoes
- chicken stock cubes
- 550g dried pasta
- plain flour
- 1 sachet (120g) oyster sauce
- soy sauce
- sriracha sauce
- 500g basmati rice
- dried oregano
- kalamata olives
- breadcrumbs
- dijon mustard
- honey
- Thai red curry paste
- 2 x tin full fat coconut milk
- chilli flakes
- demerara sugar
- curry powder
- ground ginger
- garlic granules
- olive oil
- vegetable oil
- brown sugar

MEAT, DAIRY & FROZEN

- 4 chicken breasts
- 25g mascarpone cheese
- 15g parmesan
- 360g beef steaks
- 2 eggs
- 500g turkey mince
- 2 salmon fillets
- 200g feta

PRODUCE

- 1 red onion
- 3 cloves garlic
- 1 bunch fresh basil
- rocket leaves
- 4 mixed bell peppers
- 2 carrots
- fresh ginger
- 1 head garlic
- 2 lime
- 2 lemon
- 1 punnet cherry tomatoes
- green onions
- 1 small brown onion
- 100g fresh spinach