

6 Recipe Aldi Meal Plan July 26- Aug 1

1

TOMATO CHICKEN PASTA

Creamy tomato sauce with silky noodles and chicken. Add in extra veggies to make this the perfect fridge cleaning dinner. Good for leftovers and lunch the next day. Store in the fridge for upto 3 days and reheat in the microwave in 30 second intervals.

3

MEXICAN RICE (VEGGIE)

This is a veggie dish that is perfect on it's own or as part of a Mexican feast. Serve it with the prawn tacos or add in chicken for making it a complete meal.

5

PRAWN TACOS WITH PINEAPPLE SALSA

These prawn tacos will be ready in 30 minutes! *The tip to perfect prawns is to not overcook them. When you're cooking them from defrosted, they only need about 2 minutes per side maybe even less!

*Also, they don't make great leftovers. Best consumed when made!

CRISPY CHILLI CHICKEN

One of the most popular recipes on the website, this chicken is best served with fluffy rice and some green veggies. The sauce gets sticky and spicy sweet and reheats really well. Also perfect for freezing.

KOREAN BEEF STIR FRY

The secret tip to this stir fry is to make sure the beef is at room temperature before you sear the beef. That way you get great colour on the steak without it becoming over done.

MUSHROOM TAGLIATELLE

Always a quick and easy dinner that feels like a fancy dinner. A 20 minute dinner with golden mushrooms and garlic cream sauce. Add in a drop of white wine to make this feel extra special. Keeps well for upto 3 days in the fridge.

2

4

6



Shopping List

STORE CUPBOARD

- corn starch
- soy sauce
- honey
- Sriracha
- olive oil
- cashews
- 400g tin cherry tomatoes
- chicken stock cubes
- 350g dried pasta
- 250g basmati or white rice
- vegetable stock cubes
- 1 tin crushed tomatoes
- 300g tagliatelle
- chilli powder
- cumin powder
- tomato puree
- Tortilla chips
- Cajun spice
- 8 flour tortillas

MEAT, DAIRY & FROZEN

- 1 kg chicken
- 25g mascarpone cheese
- 15g parmesan
- 400g king prawns
- 100ml Greek yoghurt
- 600g rump steak
- 300ml single cream
- 250g frozen sweet corn
- 100g frozen peas

PRODUCE

- 2 limes
- fresh ginger
- 1 head garlic
- spring onions
- red chillies
- 2 bunch coriander
- 1 red onion
- 1 bunch fresh basil
- rocket leaves
- 1 yellow onion
- 1 large carrot
- 2 courgette
- 1 pineapple
- 1/2 green cabbage
- 1 avocado
- 3 bell peppers
- 250g brown mushrooms