

6 Recipe Aldi Meal Plan September 20

1 15 MINUTE TURKEY STIRFRY

This turkey stir fry is perfect for serving over noodles or rice. A mildly spicy, sweet and sticky sauce coats tender lean turkey. Serve it with broccoli or any other veggies you like. To keep this keto, skip the noodles and rice and serve with all veggies. Store leftovers in an airtight container for 3 days in the fridge and 3 months in the freezer.

3 PORK BELLY SLICES WITH STICKY GLAZE

These pork belly slices are a great dinner that your family will love. Crispy pork belly crackling, tender pork and a sticky orange soy glaze. It's a great dinner to serve with rice and roasted mushrooms. These pork belly slices freeze really well and last in the fridge for about 3 days. *Hot tip- feel free to make extra glaze and save it for chicken.

5 HALLOUMI PASTA

An easy vegetarian pasta that will make you forget it's vegetarian. Golden pan fried crispy on the outside, soft on the inside halloumi served over top silky noodles in a bright and punchy tomato sauce. Leftovers are great in the fridge for up to 4 days. Not great for freezing, but this pasta won't be around that long anyway.

2 30 MINUTE PRAWN RICE

A quick and easy weeknight dinner that is kinda like a shortcur paella. It all takes about 30 minutes to put together. Use chicken or salmon instead of prawns if you prefer. You can save any leftover rice for a day or two in the fridge, but be sure you eat the prawns that night. They don't make great leftovers.

4 COCONUT CHICKEN CURRY

One of the most popular recipes on the website. It's perfect for nights when you want take out but don't want the expense of takeaway. It's full of flavour, it's mildly spicy and creamy. Serve it with rice and fluffy naan bread. Leftovers can be placed in the fridge for up to 3 days or in the freezer for 3 months.

6 ONE-POT SPINACH GNOCCHI

This is a simple but impressive dinner that takes 30 minutes. Crispy pan fried gnocchi in a creamy sauce with spinach and crispy prosciutto. Leftovers are good in the fridge for a day or 2. When reheating, you may need to add a splash of water to thin out the sauce a little bit.



Shopping List

STORE CUPBOARD

- 500g gnocchi
- Italian herbs
- pasta seasoning mix
- 300g Spaghetti
- 1 tin cherry tomatoes
- dried tomatoes
- roasted peppers
- garlic and tomato seasoning
- teriyaki sauce
- dark soy sauce
- Sriracha sauce
- basmati rice
- honey-roasted peanuts
- honey
- brown sugar
- cider vinegar
- paprika
- chilli powder
- vegetable stock cubes
- tomato puree
- curry powder
- turmeric
- demerara sugar
- 400g tin chopped tomatoes
- 1 tin coconut milk

MEAT, DAIRY & FROZEN

- 3 slices prosciutto
- salted butter
- 300ml single cream
- 25g parmesan
- 1 block halloumi
- 500g turkey mince
- 500g pork belly slices
- frozen peas
- 275g frozen prawns
- 500g chicken boneless skinless breast

PRODUCE

- 1 head garlic
- 2 lemon
- bunch fresh basil
- bunch parsley
- 220g Tenderstem broccoli
- fresh ginger
- 1 bunch spring onions
- 1 orange
- 2 yellow/ brown onion
- 1 red pepper
- 8 medium vine-ripened tomatoes
- 1 bunch coriander
- 1 lime
- 1 bag spinach