6 Recipe Aldi Meal Plan September 6

1 ALL-IN-ONE SAUSAGE TRAY BAKE

This sausage traybake is the perfect weeknight dinner to start the week. It's hands-off and adding some stock partway through cooking makes a silky effortless pan sauce. It keeps in the fridge for up to 3 days and reheats perfectly in the microwave.

2 CRISPY BEEF IN OYSTER SAUCE

This crispy beef dinner is perfect for either a busy weeknight or as a stand-in for your weekend takeaway. It only takes 30 minutes to make and is amazing served over noodles, rice or simply with roasted veggies to keep it low carb.

3 CREAMY ROASTED TOMATO PASTA

This pasta dish is one of my absolute favourites. The sauce is rich but creamy and it's so silky. The sauce is amazing with regular pasta but is absolutely incredible with tortellini or ravioli. Keeps like a dream for 3 days. Heat it up on the hob or in the microwave.

4 HONEY CHILLI CHICKEN

One of the most popular recipes on the website for a reason! It's quick and easy to make and is absolutely delicious. Healthier than takeaway and quicker than almost anything else!

5 SPINACH & ARTICHOKE GNOCCHI BAKE

A hearty gnocchi bake that cooks right in the sauce. It's rich and cheesy and completely comforting. This keeps well in the fridge and can also be frozen if you want to make it ahead.

6 RED LENTIL DHAL CURRY

This dhal curry is proof that healthy food can be delicious! It's comforting, naturally vegetarian and so full of flavour. Simple Indian spices and some homemade naan bread make this the perfect healthy simple dinner.

Shopping List

STORE CUPBOARD

- dried basil
- dried oregano
- chicken and steak seasoning
- plain flour
- 500g dried pasta
- 1 sachet (120g) oyster sauce
- soy sauce
- sriracha sauce
- sweet chilli sauce
- cornflour/ cornstarch
- honey
- white wine
- 1 jar marinated artichokes
- basil pesto
- Thai red curry paste
- curry powder
- turmeric
- cumin
- 200g red lentils
- 1 box vegetable stock cubes
- olive oil

MEAT, DAIRY & FROZEN

- 6 sausages, any type
- 360g thin cut beef steaks
- 75g smoked pancetta
- 115ml single cream
- 2 boneless skinless chicken breasts
- 500g Fresh gnocchi
- 250 ml double cream
- 200g gouda or similar cheese

PRODUCE

- 1 red onion
- 1 head garlic
- 8-10 cherry tomatoes
- 3 bell peppers
- 200g mini potatoes
- 1 pomegranate
- 1 tablespoon fresh ginger
- 1 lime
- 4 vine tomatoes
- 4 onions
- 1 bag baby spinach
- 1 bunch spring onions
- red chilli
- 1 bunch coriander
- 1 butternut squash
- 1 punnet baby plum tomatoes