

6 Recipe Aldi Meal Plan October 11-17

1

QUICK & EASY PASTA AMATRICIANA

A really easy pasta to put together, perfect for a Monday night. Top tip- slowly crisp the bacon for this recipe. Rushing it will rob you of some of the flavour.

It keeps well for 3 days in the fridge in an airtight container. Freezing isn't recommended for this pasta.

3

HONEY GARLIC SALMON TRAY BAKE

A one tray wonder dinner. A great way to cook salmon for anyone a little nervous about overcooking fish in a pan. No effort, very little clean up and a really great dinner. Use any leftover salmon to make a salmon pasta or use up in scrambled eggs the following day.

5

MEATBALLS IN RICH TOMATO SAUCE

These meatballs are made with a mix of pork and beef, but you can use any mince you like, even turkey works here. Top tip- these meatballs can be made ahead of time and stored in the freezer either before or after browning. You can also freeze the fully cooked meatballs in the sauce, ready for whenever you need them. Traditionally served with pasta, but feel free to serve these meatballs over mashed potatoes.

2

SIMPLE CURRY CHICKEN THIGHS

This is such a popular curry recipe. Golden crispy chicken skin, tender juicy chicken thighs simmered in a creamy and mildly spicy curry sauce. Great for leftovers. Reheat in a pan rather than the microwave to avoid soggy chicken skin.

4

PORK BELLY SLICES WITH HONEY GLAZE

Everyone loves pork belly. Very few people make it at home. This simple recipe uses pork belly strips that are ready to go straight in the oven, no brining and no salting. The sauce is drinkable and creates a gorgeous sticky glaze perfect for pork. Serve with rice or noodles and some greens.

6

MUSHROOM TAGLIATELLE

Earthy, creamy, saucy and a little indulgent. Makes great leftovers. *Top tip- when you reheat this pasta, you may need/want to add a little bit of water to the sauce to thin it back out. It thickens a lot once cooled.



Shopping List

STORE CUPBOARD

- tomato puree
- 500g carton passata, or 400g tin chopped tomatoes
- 400g spaghetti
- 1 tin chopped tomatoes
- 1 tin coconut milk
- curry powder
- chilli powder
- honey
- light soy sauce
- brown sugar
- cider vinegar
- dried oregano
- dried basil
- Italian pasta mix
- Italian herb mix
- 1 carton passata
- 300g tagliatelle

MEAT, DAIRY & FROZEN

- 200g smoked bacon lardons
- Grana Padano
- 1 egg
- 6 -8 chicken thighs (about 1kg) skin-on, bone-in
- 500g boneless side of salmon
- 85g salted butter
- 500g pork belly slices
- 750g minced beef & pork mix
- 100ml milk
- 300ml single cream

PRODUCE

- 1 yellow onion
- 1 head garlic
- 1 bunch parsley
- 1 yellow onion
- 1 pack fresh ginger
- 1 bunch coriander
- 500g miniature potatoes
- 1 bunch asparagus
- 1 lime
- 1 bunch rosemary (or use dried)
- 1 red onion
- 250g brown mushrooms
- 1 bunch thyme (or use dried)
- 1 lemon
- 1 shallot
- 1 orange