

# 6 Recipe Aldi Meal Plan November 1-7

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## **SWEET POTATO CURRY**

This sweet potato curry is a weeknight saviour. It's all about a quick and easy dinner that only requires basic larder ingredients and some fresh herbs. But don't be fooled by the simplicity of this vegan style curry.

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## **HONEY GARLIC PORK BELLY SLICES**

These pork belly slices are one of the most popular recipes on the website. You don't need a lot of ingredients or time to pull this recipe together which makes it perfect for any weeknight that you were maybe thinking of a takeaway but you want to skip it for something healthier. Keeps in the fridge for up to 3 days.

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## **SIMPLE CURRY CHICKEN THIGHS**

These simple curry chicken thighs are seared to get the skin crispy, then they are braised in a fragrant curry sauce. Serve this chicken with plain white rice for a simple dinner, or add in some popadoms, mango chutney and naan bread for an Indian feast.

## **SPICY KOREAN CHICKEN**

A quick and easy dinner that only takes about 30 minutes. Pan-seared chicken tossed with a sticky sweet and spicy sauce. This chicken is great served with rice and some wilted greens like spinach or just some broccoli. You can keep leftovers for up to 3 days. Not recommended for freezing.

## **EASY MUSHROOM TAGLIATELLE**

What is easier or more comforting than creamy mushroom pasta? This 30-minute vegetarian dinner is perfect for an effortless dinner. Keeps well for up to 3 days in the fridge. Not suitable for freezing. \*As a quick tip, you may want to add a splash of water to the pasta when you reheat it. The sauce thickens considerably once cooled.

## **CHUNKY BEEF CHILLI**

A slow-cooked chilli using chunks of stewing beef. This recipe makes a large batch so it's perfect for freezing. This recipe can be made in a slow cooker or in a Dutch oven on the hob. Either way, it's a hands-off recipe that everyone will love. Keeps well in the fridge for up to 3 days.

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# Shopping List

## STORE CUPBOARD

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- |                   |                        |                        |
|-------------------|------------------------|------------------------|
| • light soy sauce | • 395g tin taco mixed  | • Sriracha             |
| • honey           | beans in tomato sauce  | • cornstarch           |
| • brown sugar     | • 2 x 400g tin chopped | • vegetable oil        |
| • cider vinegar   | tomatoes               | • dry roasted peanuts  |
| • tomato puree    | • 175ml apple juice    | • 2 x tin coconut milk |
| • chilli powder   | • beef stock cubes     | • curry powder         |
| • paprika         | • dried bay leaves     | • Thai red curry paste |
| • cumin           | • tortilla chips       | • cashews              |
| • cinnamon        | • basmati rice         | • 300g tagliatelle     |
|                   |                        | • Himalayan sea salt   |
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## MEAT, DAIRY & FROZEN

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|---------------------------|-------------------------------|
| • 500g pork belly slices  | • sour cream or Greek yoghurt |
| • 400g diced stewing beef | • 400g chicken breast         |
| • 100g shredded cheddar   | • 6-8 chicken thighs          |
| cheese                    | • 300 ml single cream         |
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## PRODUCE

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|----------------------|-------------------------|--------------------------|
| • 1 orange for juice | • 1 packet fresh ginger | • 500g sweet potatoes    |
| • 1 head garlic      | • 2 limes               | • 300g spinach           |
| • 2 red onion        | • 1 pack tenderstem     | • 1 bunch basil          |
| • 1 avocado          | broccoli                | • 250g brown mushrooms   |
| • 1 green jalapeno   | • green onions          | • 1 bunch thyme, parsley |
| • 1 bunch coriander  | • 1 yellow onion        | • 1 lemon                |