

6 Recipe Aldi Meal Plan Dec.6- Dec.12

1

BEEF AND ALE STEW

Slow cooked beef that falls apart in a rich ale sauce. Serve it over mash potatoes or just with bread. It's perfect for freezing any leftovers and reheats easily in the microwave.

15 MINUTE PASTA PUTTANESCA

2

A quick and easy very bold tasting pasta that only takes 15 minutes. A few pantry ingredients are all you need for this one pan super dinner!

3

CREAMY SEAFOOD CHOWDER WITH CHEESY TEAR AND SHARE BREAD

This chowder is pure cosy comfort food. Its quick enough to make on a weeknight but perfect for a weekend lunch too. You can make the rolls or just buy some. It's up to you, but whatever you do, don't skip them!

SLOW COOKER HAM AND LENTIL SOUP

4

It's midweek and we're only interested in quick and simple dinners. This ham and lentil soup taste as though you slaved over it for hours, but in reality, you let the slow cooker do all the heavy lifting. Freezes like a dream!

5

COCONUT SALMON CURRY

A house favourite, this curry is simple to make and so delicious. Not the greatest for leftovers, but that's why the recipe keeps all the ingredients to a minimum. To ensure that there is no waste.

RED LENTIL DHAL CURRY WITH HOMEMADE NAAN BREAD

6

A simple and comforting dhal with fluffy naan bread. A great addition to this would be to serve a poached egg on top. The dhal is amazing as leftovers. The naan bread is better when it's made fresh.



Shopping List

STORE CUPBOARD

- Thai red curry paste from a curry kit
- curry powder
- turmeric
- cumin
- red lentils
- vegetable stock cubes
- self-raising flour
- demerara sugar
- ground ginger
- 1 tin coconut milk
- soy sauce
- garlic powder
- plain flour
- fish chicken or vegetable stock cube
- mixed spice
- chilli powder
- 1 bag cheddar cheese and onion bread mix
- 300g spaghetti
- 1 tin anchovies
- 2 tins chopped tomatoes
- kalamata olives
- bay leaves
- tomato puree
- 1 bottle dark ruby ale
- beef stock cubes
- Worcestershire sauce

MEAT, DAIRY & FROZEN

- Greek yoghurt
- 2 salmon fillets
- 50g cheddar
- milk
- parmesan
- 1 pack smoked pancetta
- 1 bag fish pie mix
- 1kg smoked gammon joint
- 1 kg beef brisket

PRODUCE

- fresh ginger
- 5 yellow onion
- 1 head garlic
- 1 butternut squash
- 1 bag spinach
- 1 bunch basil
- 1 punnet baby plum tomatoes
- 1 pomegranate
- 1 bunch coriander
- 1 bunch thyme
- 1 lime
- 1 bag small carrots
- 175g new potatoes
- 1 bunch parsley
- 1 head celery
- 1 leek
- 1 bunch rosemary