

# 6 Recipe Aldi Meal Plan Jan.3- Jan. 9

1

## **EASY HOMEMADE PASTA SAUCE**

Meatless Monday. This simple tomato pasta sauce will become a new weekly staple recipe. It's so hearty it will have meat eaters singing its praises too. It's also perfect for meal prep and freezing for later.

## **EASY PORK CURRY**

2

This pork curry recipe uses simple and very lean pork loin meaning that it's healthy. It's low in fat and high in protein. Using pork makes a nice change from chicken every night.

3

## **SLOW COOKER COTTAGE PIE**

The perfect simple dinner for any night of the week, but especially perfect for midweek. Toss everything in the slow cooker before you leave in the morning and come home to a house full of cosy smells and a comforting dinner.

## **15 MINUTE CRISPY CHILLI BEEF**

4

A tried and true family favourite. This beef is crispy and coated with the perfect chilli sauce. Serve it with noodles or rice. It's not great for leftovers or freezing.

5

## **BUTTERNUT SQUASH CURRY**

A light and healthy curry that everyone will love. Loaded with flavour and nutrition, this is a great recipe for when you're feeling the first hint of a cold.

## **SIMPLE MUSHROOM STROGANOFF**

6

This is one for all the mushroom lovers! A classic stroganoff served over noodles. You can serve rice with this too. Keeps well for a couple of days in the fridge and will freeze for a month.



# Shopping List

## STORE CUPBOARD

- |                        |                         |                   |
|------------------------|-------------------------|-------------------|
| • ground turmeric      | • dried oregano, dried  | • flour           |
| • yellow curry powder  | basil, paprika,         | • beef stock cube |
| • English mustard      | cinnamon                | • cornstarch      |
| • smooth peanut butter | • chilli flakes/ powder | • dark soy sauce  |
| • soy sauce            | • tomato puree          | • ketchup         |
| • 2 tin coconut milk   | • vegetable stock cube  | • cider vinegar   |
| • chilli flakes        | • 3 x 400ml tins        | • honey           |
| • dry roasted peanuts  | chopped tomatoes        | • 1 tin chickpeas |
| • garlic granules      | • Worcestershire sauce  | • ground cumin    |
|                        |                         | • basmati rice    |

## MEAT, DAIRY & FROZEN

- |                                  |                 |                                  |
|----------------------------------|-----------------|----------------------------------|
| • 500g pork fillet<br>tenderloin | • Greek yoghurt | • 200ml sour cream (full<br>fat) |
| • 500g minced beef               | • butter        |                                  |
| • frozen peas                    | • milk          |                                  |
|                                  | • 250g sirloin  |                                  |

## PRODUCE

- |                     |                    |                          |
|---------------------|--------------------|--------------------------|
| • 3 yellow onion    | • 1 lime           | • small butternut squash |
| • fresh ginger      | • 1 red onion      | • 500g spinach           |
| • 3 cloves garlic   | • 200g brown       | • 500g mushrooms         |
| • 1 courgette       | mushrooms          | • 1 bulb of garlic       |
| • 2 ears sweet corn | • 3 carrots        | • bunch parsley          |
| • coriander, basil  | • 4 large potatoes |                          |