

# 6 Recipe Aldi Meal Plan Jan.17- Jan.23

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## **TOMATO AND SPINACH BAKED GNOCCHI**

Meatless Monday. The perfect simple dinner. The gnocchi gets cooked in the sauce and the cheese gets baked over top so you only need one pan. Leftovers are good the next day for lunch. Freezing isn't recommended for this one as the gnocchi tends to go a little soggy once defrosted.

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## **SLOW COOKER LAMB TAGINE**

Everything gets added to the slow cooker and you end up with dinner! This recipe benefits from time, so if you're making it before work, leave it on low and come home to dinner. It will happily sit on low for about 8-9 hours.

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## **15 MINUTE TURKEY STIR FRY**

Lean turkey mince and some veggies make for a light and quick dinner. You can use beef or pork in place of the turkey without any other adjustments to the recipe. Make up the turkey as part of Sunday meal prep and make fresh rice and veggies on the day.

## **HONEY GARLIC PORK BELLY SLICES**

Pork belly but without the time commitment. A simple glaze that only takes minutes to make and crispy pork belly that will go with rice, noodles or just with steamed veggies. Perfect for leftovers the next day. \*Make double the glaze and use as a sauce for noodles and veggies.

## **SUPER EASY SMOKEY 5 BEAN CHILLI**

A vegetarian dinner that feels so filling and hearty you won't miss the meat. It's great for freezing for up to 3 months so you can make a double batch and store it all in the freezer for those nights when time and energy is short.

## **SAUSAGE AND PEPPER PASTA**

A rich and hearty pasta sauce made with sweet bell peppers and spicy Italian sausage. Keeps well for up to 3 days in the fridge. Serve with a salad and crusty bread for the perfect Italian feast.

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# Shopping List

## STORE CUPBOARD

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- 150g chargrilled peppers (in jar)
- 1 tin sweet corn (or use frozen)
- 2 tins mixed beans
- 4 tins chopped tomatoes
- ground cumin
- paprika
- chilli powder
- cinnamon
- cocoa powder
- Tortilla crisps
- 500g potato gnocchi
- 500g passata
- light soy sauce
- honey
- brown sugar
- cider vinegar
- teriyaki sauce
- dark soy sauce
- Sriracha sauce
- basmati rice
- honey-roasted peanuts
- rigatoni
- tomato puree
- chicken stock cube
- dried oregano
- Store cupboard cont'd
- Italian herb mix
- ground coriander
- beef stock cubes

## MEAT, DAIRY & FROZEN

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- 250g tub ricotta
- 10g grated cheddar
- 1 fresh mozzarella ball
- 200g parmesan
- 500g pork belly slices
- 500g turkey mince
- 1 pack Italian style chicken sausages
- 600g diced lamb
- 1 tin chickpeas
- dried apricots
- dried dates
- flaked almonds

## PRODUCE

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- 1 red onion
- 1 head garlic
- 2 red pepper
- 2 yellow peppers
- 1 bunch fresh coriander
- 1 avocado
- 2 yellow onion
- 1 bunch fresh rosemary
- 1 small bag baby spinach
- 1 orange
- bunch mint
- 1 bunch tenderstem
- 1 bunch thyme
- fresh ginger
- 1 pomegranate