

6 Recipe Aldi Meal Plan Feb 21-Feb 27

1

CREAMY TUNA PASTA BAKE

A quick and simple pasta bake that everyone loves. Use tuna packed in water to keep it healthier. This pasta keeps well in the fridge for up to 3 days. Do not freeze. To reheat place in a hot oven for 15 minutes or microwave for 2-3 minutes until hot.

3

SIMPLE BUTTERNUT SQUASH CURRY

This easy vegetarian curry is a quick and simple dinner that is packed with flavor and nutrition. It keeps well for a couple of days in the fridge and freezes really well but without the rice or popadoms.

5

ONE PAN CHICKEN AND BROCCOLI BAKE

Old fashioned comfort food at it's best! I love love love this recipe. It's cheap ingredients that come together and create the perfect comfort food. This casserole will keep well in the fridge for a couple of days but doesn't freeze well. It's perfect for cook once eat twice dinners.

SLOW COOKER CHILLI CON CARNE

This chili is a slow cooker dream. The flavors get better the next day and it's amazing for freezing. Be sure to serve this with some fluffy rice and all the toppings- tortilla chips, avocado, cheese and Greek yoghurt.

2

QUICK AND EASY KOREAN BEEF STIR FRY

Pan-seared beef, sweet bell peppers, and a Korean-style sauce of sriracha, honey, and soy sauce. Be sure the steak is at room temperature before you start the stir fry. This helps to ensure you don't over cook the beef.

4

MEDITERRANEAN STUFED PEPPERS

A light and fresh dinner for when you don't feel like cooking. Some rice and cubed feta bring out all the bright fresh flavors, but these peppers are substantial enough for a proper dinner.

6



Shopping List



STORE CUPBOARD

- | | | |
|---------------------------------|---------------------------------------|-----------------------------|
| • 500g dried penne | • 400 g tin kidney beans [†] | • cinnamon |
| • 100g flour | in chilli sauce | • basmati rice |
| • vegetable stock cubes | • dried thyme | • Soy Sauce |
| • 1 tin tuna | • chilli powder | • Honey |
| • tortilla chips | • cumin | • Sriracha |
| • mixed spice | • cocoa powder | • basmati or brown rice |
| • English mustard | • 1 tin chickpeas | • garlic granules |
| • 2 x 400g tin chopped tomatoes | • 1 tin coconut milk | • dried oregano |
| • popadoms | • curry powder | • kalamata olives |
| | • chilli flakes | • Marinated cherry tomatoes |

MEAT, DAIRY & FROZEN

- | | | |
|--------------------------|--------------------------|------------------|
| • 100g butter | • 100g smoked pancetta | • 1 block butter |
| • 550 milk any type | • 600 g rump steak skirt | • 155g cheddar |
| • 250 g shredded cheddar | steak | • 200g feta |
| • 250 g lean mince beef | • 2 chicken breasts | • greek yoghurt |

PRODUCE

boneless skinless

- | | | | |
|-------------------|-----------------------|-------------------------|----------------------------|
| • 1 shallot | • 1 butternut squash | • 1 courgette | • 1 punnet cherry tomatoes |
| • 1 head garlic | • avocado | • 1 bunch spring onions | |
| • 1 bunch parsley | • 1 bunch coriander | • 1 bunch basil | • 1 head broccoli |
| • 1 red onion | • 1 inch fresh ginger | • 2 carrots | • 1 lemon |
| • 3 stalks celery | • 500g spinach | • 300g mushrooms | |
| • 2 yellow onion | • 6 bell peppers | • 1 bunch rosemary | |