

6 Recipe Aldi Meal Plan May 30-June 5

1 CREAMY TUNA PASTA BAKE

A simple tuna pasta bake that everyone will love. Add in some extra frozen veggies (or fresh) before baking this pasta. Makes great leftovers. *be sure to use tuna packed in water rather than oil and be sure to drain it well.

3 SIMPLE SAUSAGE TRAY BAKE

This is a one pan wonder. Everything just gets tossed into the tray and baked. The ultimate no effort dinner. Best eaten when made or the next day.

5 CREAMY MUSHROOM STROGANOFF

Golden brown seared mushrooms, garlic, parsley and sour cream make the perfect vegetarian version of stroganoff. You can serve it over noodles, rice or mashed potatoes.

2 REALLY EASY POTATO CORN CHOWDER

This corn chowder is one of the most quintessential flavours of summer. You can use frozen corn and make this at any time of year. And feel free to add in bacon or leave it out. It freezes really well and reheats easily in the microwave or on the hob.

4 15 MINUTE TURKEY MINCE STIR FRY

Lean turkey mince is the perfect low fat, high protein dinner ingredient. It doesn't have a ton of flavour making it great for bold Asian flavours. Store leftovers for up to 2 days, or brown the turkey for meal prep and store for up to 4 days.

6 SWEET AND SOUR CHICKEN

So much better than take away, this sweet and sour chicken is also much healthier. You can use fresh pineapple in place of the tinned, but I find it much more convenient to keep a tin in the cupboard. Not great for leftovers.



Shopping List

STORE CUPBOARD

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|------------------------------|-------------------------------|--------------------------|
| • 500g dried penne | • chicken and steak seasoning | • cornstarch |
| • plain flour | • chicken stock cubes | • ketchup |
| • vegetable stock cubes | • Teriyaki sauce | • cider vinegar |
| • 1 tin tuna packed in water | • dark soy sauce | • demerara sugar |
| • mixed spice | • Sriracha sauce | • 1 tin pineapple pieces |
| • English mustard | • basmati rice | |
| • dried basil | • honey roasted peanuts | |
| • dried oregano | • paprika | |

MEAT, DAIRY & FROZEN

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|--------------------------|-------------------------|---|
| • butter | • 500ml double cream | • 200ml sour cream (full fat) |
| • milk | • 75g pancetta | • 500g boneless skinless chicken breast |
| • 250g mature cheddar | • 6 sausages (any type) | |
| • 250g frozen sweet corn | • 500g turkey mince | |

PRODUCE

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|--------------------------|-------------------------|--------------------------|
| • 1 head garlic | • 2 large carrots | • 4 bell peppers |
| • 1 shallot | • 3 stalks celery | • 200g mini new potatoes |
| • 1 bunch parsley | • 1 green jalapeno | • 200g tenderstem |
| • 3 yellow onion | • 1 red onion | • ginger |
| • 300g baby new potatoes | • 8-10 cherry tomatoes | • 500g mushrooms |
| | • 1 bunch spring onions | |