

6 Recipe Aldi Meal Plan May 9-15

1 **PASTA NAPOLITANA**

A one pan pasta that's perfect for meatless Monday! The pasta stores well in the fridge for a couple of days in an airtight container making it perfect for desk lunches!

3 **15 MINUTE TURKEY MINCE STIR FRY**

Lean turkey mince is pan fried with garlic, ginger and Asian sauce. It's a great super fast and low fat dinner for any night of the week. Serve with stir fried veggies to keep it low carb. Keeps for up to 3 days in the fridge.

5 **SIMPLE RED LENTIL DHAL CURRY**

A great vegan dinner loaded with flavour. You can use vegetable stock cubes or water to make the dhal. If you can't find the pomegranate then you can skip that completely.

EASY ASIAN PORK MEATBALLS

Tender juicy meatballs in a sticky Asian style sauce. Perfect easy dinner to serve with fluffy rice and fresh veggies.

You can make these meatballs in advance and freeze. Thaw before cooking. They will keep in the freezer for about 3 months.

CREAMY COCONUT CHICKEN CURRY

A reader favourite, this coconut chicken curry is super simple to make and so delicious! Serve with naan and fluffy rice.

Leftovers keep in the fridge for about 3 days.

PAN SEARED KOREAN BEEF STIR FRY

Start with a steak that is room temperature so it cooks perfectly. And make sure it's dry before you add it to a hot pan.

It's best eaten the day you make it simply because the steak will become very well done once it's reheated.



Shopping List

STORE CUPBOARD

- 400g tin cherry tomatoes
- tomato paste/puree
- crushed chili flakes
- spaghetti
- 6 cream crackers
- 120g pack hoisin sauce
- dark or light soy sauce
- demerara sugar
- cider vinegar
- basmati rice
- dry roasted peanuts
- 120g packet teriyaki sauce
- Sriracha sauce
- honey roasted peanuts
- yellow curry powder
- turmeric
- 400g tin chopped tomatoes
- 1 x 400ml tin coconut milk
- Thai red curry paste
- cumin
- 200g red lentils
- vegetable stock cubes
- honey

MEAT, DAIRY & FROZEN

- 500g lean pork mince
- 1 egg
- 500g turkey mince
- Parmesan cheese
- 500g chicken, boneless skinless
- 600g rump steak

PRODUCE

- 2 yellow/ brown onion
- 1 head garlic
- 1 bunch basil
- 1 piece fresh ginger
- 1 bunch coriander
- 220g pack tenderstem or broccoli
- 1 bunch spring onions
- 1/2 bag baby spinach
- 1 punnet mixed cherry tomatoes
- 1 pomegranate (if available)
- 1/2 butternut squash
- 3 bell peppers (any colour)
- 1 courgette