

6 Recipe Aldi Meal Plan June 27- July 3

1

THICK AND HEARTY HOMEMADE SPAGHETTI SAUCE

This hearty tomato sauce only takes 30 minutes to make—no long-simmering on a stovetop. This recipe is absolutely perfect for making on the weekend to store in the freezer for any weeknight.

3

QUICK AND EASY GRILLED HALLOUMI SALAD

A simple salad with grilled or pan-fried couscous. Make extra to save for lunch the next day. And make a large portion of the dressing to add to more salads.

5

SPINACH AND TOMATO BAKED GNOCCHI

You can use tortellini instead of gnocchi in this recipe easily. It can keep overnight in the fridge but it not suitable for freezing.

HOMEMADE ROASTED TOMATO SOUP WITH CHEESE ROLLS

Use vine tomatoes or tinned tomatoes to make this quick and easy soup. Keeps well for 3 days in the fridge or freeze. You can add some double cream to make this really luxurious.

ONE PAN JAMAICAN STYLE RICE AND PEAS

30 MINUTE RED LENTIL DHAL

Mild Indian spices, fresh tomatoes, and hearty red lentils make this a great healthy dinner. Keep it thick or add some extra water to give more of a soup consistency.

2

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Shopping List

STORE CUPBOARD

- garlic granules
- dried oregano
- dried basil
- cinnamon
- chili flakes
- tomato puree
- vegetable stock cubes
- 2 x 400ml chopped tomatoes
- cumin
- red lentils
- strong flour
- 190g tomato and grilled pepper sauce (or similar tomato/pesto sauce)
- couscous (white or whole wheat)
- curry powder
- turmeric
- white wine vinegar
- Cajun spice
- chicken seasoning
- 1 x 400g tin kidney beans
- 1 x 400ml coconut milk
- basmati rice
- potato gnocchi
- 500g passata
- Thai red curry paste
- honey
- fast-acting yeast

DAIRY & FROZEN

- 250ml whole milk
- butter
- eggs
- 300g grated cheddar
- 1 x block halloumi
- 1 x 250g ricotta
- 140g ball mozzarella
- 200g parmesan

PRODUCE

- 2 x red onion
- 1 head garlic
- 225g vine tomatoes
- 1 bunch thyme
- 1 bunch basil
- 1 orange
- 1 cucumber
- 1 avocado
- 1 brown onion
- 1 red chilli
- fresh ginger
- 1 bunch green onions
- 1 bunch fresh rosemary
- 250g baby spinach
- 2 yellow onions
- 1 butternut squash
- 220g baby plum tomatoes