

# 6 Recipe Aldi Meal Plan June 27- July 3

## 1 CREAMY TUNA PASTA BAKE

This healthy tuna pasta bake uses frozen veggies, tinned tuna and al dente pasta all tossed in a creamy mornay sauce and baked over with cheese. A cheap, easy tuna pasta casserole that's ready in 30 minutes.

## 3 HONEY GARLIC SALMON TRAY BAKE

Top tip- use a paper kitchen towel to dry the side of salmon before roasting it. Substitute green beans or broccoli instead of the asparagus.

## 5 ASIAN CHICKEN LETTUCE WRAPS

Skip takeout and make these Asian chicken lettuce wraps. You can fill the lettuce cups with rice instead of the noodles or you can skip carbs altogether and keep this dinner keto/ low carb.

## 2 QUICK AND EASY PORK CURRY

This pork curry recipe uses simple and very lean pork loin meaning that it's healthy. It's low in fat and high in protein. Using pork makes a nice change from chicken every night. Great for storing in the fridge for leftovers. Not great for freezing.

## 4 SIMPLE SAUSAGE TRAY BAKE

This is always such a popular recipe because it's so easy and everything gets made in one dish. The pan sauce makes itself meaning you have a dinner ready in under 1 hour that requires no effort!

## 6 30 MINUTES ONE POT MEXICAN RICE

This Mexican rice makes a great dinner on it's own or you can add in chicken, prawns or keep it veggie and use grilled halloumi. Makes great leftovers. Stuff this rice into burritos the next night.



# Shopping List

## STORE CUPBOARD

- 500 g dried penne
- plain flour
- vegetable stock
- 1 x 160g tin tuna in water
- mixed spice
- English mustard
- olive oil
- turmeric
- tortilla chips
- yellow curry powder
- chili powder
- smooth peanut butter
- soy sauce
- 1 x 400ml coconut milk
- crushed chilli flakes
- dry roasted peanuts
- honey
- dried basil
- white vinegar
- corn starch
- dried oregano
- chicken and steak seasoning
- chicken stock cubes
- 1 pack of egg noodles
- 250g basmati or white rice
- 1 x 400g tin crushed tomatoes
- cumin powder
- tomato puree
- Sriracha sauce

## MEAT, DAIRY & FROZEN

- butter
- 425ml milk any type
- 250 g shredded mature cheddar
- 500g pork fillet
- 250g frozen sweet corn
- 500 g boneless side of salmon
- 6 sausages any type
- 300 g boneless skinless chicken breasts
- 75 g cup frozen peas
- salted butter

## PRODUCE

- 2 corn on the cob
- 1 head garlic
- 2 brown onion
- fresh ginger
- 3 limes
- 700g miniature potatoes
- 2 courgette (zucchini)
- 1 bunch each- basil, coriander (cilantro), parsley
- 1 bunch asparagus
- 1 red onion
- 10 cherry tomatoes
- 2 bell peppers
- 1 round lettuce
- 1 red jalapeno
- 1 large carrot