

6 Recipe Aldi Meal Plan June 13-19

1

BUTTERNUT SQUASH AND CHICK PEA CURRY

An easy veggie curry that is still ready in 30 minutes. Perfect for meatless Monday. You can freeze leftovers for up to 1 month, or in the fridge for 3 days. You can reheat any leftovers in the microwave or on the stove top.

3

QUICK AND EASY ASIAN BEEF STIR FRY

Pan-seared and full of veggie, this stir fry can be served with noodles or over rice. It can also be made with chicken. Keeps well in the fridge for 3 days.

5

EASY COCONUT SALMON CURRY

I wouldn't normally put two fish recipes in the same meal plan, but they are both perfect for busy weeknights. And so healthy. The brown sugar crust is what makes this salmon. Instead of serving it with rice you can always serve with extra roasted veggies to keep it low carb.

PAN SEARED BLACKENED COD

2

This blackened cod gets made in one pan and is ready in 30 minutes. It's a great way to introduce more fish to your weekly meals. It's full of flavour but is still a very healthy flaky white fish.

CREAMY LEMON CHICKEN PASTA

4

Another one-pot recipe, this creamy lemon chicken pasta will be a new family favorite. It doesn't freeze well but keeps well in the fridge for 3 days. Just be sure to add a splash of water to the pasta when reheating to loosen the sauce.

PORK YUK SUNG ASIAN- LETTUCE WRAPS

6

Fridays are a popular night for takeaway. But these saucy pork lettuce wraps will be better than any takeaway you can buy. Served in lettuce wraps you could easily serve over noodles if you prefer. The pork itself freezes really well for up to 3 months and keeps in the fridge for 2 days.



Shopping List

STORE CUPBOARD

- crushed chili flakes
- 120g black bean sauce
- 1x 400g tin white beans
- light soy sauce
- smoked paprika
- dark soy sauce
- cayenne pepper
- cider vinegar
- ground cumin
- dry roasted peanuts
- dried thyme
- smooth peanut butter
- black pepper
- Sriracha
- onion granules
- honey
- basmati rice
- chicken stock cubes
- Cajun spice
- 500g dried pasta
- demerara sugar
- curry powder
- ground ginger
- garlic powder
- Thai red curry paste
- 2 x 400ml coconut milk
- 400g tin chick peas
- 400g tin chopped tomatoes
- ground cinamon

MEAT, DAIRY & FROZEN

- 500g chicken thighs, boneless skinless
- 600g rump steak
- butter
- 500g salmon fillets
- 400ml single cream
- 500g pork mince
- parmesan
- 4 medium cod fillets

PRODUCE

- 1 head of garlic
- 2 onion
- 1 bunch coriander
- 1 lemon
- fresh ginger
- 1 courgette
- 1 bunch parsley
- 1 large carrot
- 1 bunch spring onions
- 1 bunch basil
- 4 bell pepper
- 750g spinach
- 4-6 vine-ripened tomatoes
- 1 lime
- 1 butternut squash
- 1 round lettuce