



6 Recipe Aldi Meal Plan

August 1- 7

1

GREEK GYRO LAMB SALAD

Marinated lamb seared golden served over a crisp salad with creamy feta and tzatziki dressing. You can marinate the lamb the day before and prep all the salad ingredients. Best to assemble right before serving.

3

CRISPY BEEF IN OYSTER SAUCE

This crispy beef dinner is perfect for a busy weeknight or a stand-in for your weekend takeaway. It only takes 30 minutes to make and is amazing served over noodles, rice, or simply with roasted veggies to keep it low carb.

5

SIMPLE PORK CURRY WITH RICE

Lean pork loin gets simmered in a mild and creamy coconut sauce with summer veggies. Serve over rice or noodles. Leftovers can stay in the fridge for up to 3 days. Not recommended for freezing the leftovers.

2

CREAMY ROASTED TOMATO PASTA

You can use a tin of tomatoes for making this sauce, or make oven-roasted tomatoes if you have an abundance of fresh ones. You can store leftovers of this pasta for up to 3 days in the fridge. Add a splash of water to the sauce when reheating.

4

QUICK & EASY SAUSAGE TRAY BAKE

This sausage tray bake is the perfect weeknight dinner. It's hands-off and adding some stock partway through cooking makes a silky effortless pan sauce. It keeps in the fridge for up to 3 days and reheats perfectly in the microwave.

6

15 MINUTE TURKEY STIR FRY

Another quick and easy dinner that everyone will love. This stir fry uses lean turkey mince and is perfect for adding in extra veggies. A quick stir fry sauce and this dinner is ready in no time. It also makes great leftovers.



Shopping List



STORE CUPBOARD

- dried oregano
- kalamata olives
- 1 x 240g tin chickpeas drained
- smoked paprika
- 1 x 400g tin chopped tomatoes
- 600g dried pasta
- plain flour
- 120g oyster sauce (or similar stir fry sauce)
- soy sauce (light or dark)
- sriracha sauce
- dried basil
- chicken and steak seasoning (in the spice aisle)
- chicken stock cubes
- turmeric
- yellow curry powder
- chilli powder
- smooth peanut butter
- chili flakes
- dry roasted peanuts
- 1 x 400ml tin coconut milk
- 120g teriyaki sauce
- basmati rice

DAIRY & FROZEN

- lamb leg steaks or similar quick-cooking lamb
- fat-free Greek yogurt
- 75g smoked pancetta
- feta
- single cream
- 360g beef steaks
- 6 sausages (any type)
- 500g pork loin
- 500g turkey mince

PRODUCE

- 1 lemon
- 1 head garlic
- 1 bunch rosemary (or use dried)
- 1 English cucumber
- 1 bunch mint
- 2 heads romaine lettuce
- 3 mini cucumbers
- 300g cherry tomatoes
- 2 brown onion

- 150g spinach
- 3 red pepper
- 2 carrots
- fresh ginger
- 2 lime
- 1 red onion
- 200g mini potatoes
- 1 courgette
- 2 ears sweetcorn
- 1 bunch basil
- 220g tenderstem
- spring onions