

# 6 Recipe Aldi Meal Plan July 11- July 17

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## 30 MINUTE TOMATO CHICKEN PASTA

Roasted tomatoes, tender chicken, and a touch of cream make this pasta dish extra special. Make some extra sauce to use for another night with grilled chicken.

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## THAI CURRY TURKEY MEATBALLS

Tender juicy meatballs in a creamy Thai coconut curry sauce. Add extra chillies to dial up the spice. The meatballs can be made a day or two ahead and stored in the fridge until ready to cook.

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## CRISPY CHINESE LEMON CHICKEN

Lightly battered and fried this Asian lemon chicken is much healthier than takeout. The homemade sauce isn't filled with sugar or any additives. BUT- it doesn't keep well for the next day. Best consumed with a glass of wine and some netflix.

## ONE PAN BLACKENED COD WITH TOMATO RAGU

Mildly spicy pan-seared Cajun cod in a light tomato ragu. Keep it low carb/ keto or serve with some mini roast potatoes. Fish is never great the next day because reheating really changes the texture. Best enjoyed the night you make it.

## KOREAN BEEF STIR FRY WITH PEPPERS

The trick to a great beef stir fry is to let the beef come to room temperature so that it doesn't overcook when its being seared. Makes great leftovers and can be served with rice or noodles.

## RED PRAWN THAI CURRY WITH NOODLES

A light and fresh dish that tastes like street noodles. Mildly spicy, with lots of basil and juicy prawns. Does not make great leftovers.

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# Shopping List



## STORE CUPBOARD

- 1 x 400ml tin chopped tomatoes
- 1kg dried pasta
- Cajun spice
- 1 x 400ml tin white beans
- paprika
- cayenne pepper
- ground cumin
- black pepper
- onion powder
- Thai red curry paste
- soy sauce (light or dark)
- 2 x 400ml coconut milk
- brown sugar
- chili flakes
- egg noodles or rice
- honey
- Sriracha
- white wine vinegar
- corn starch
- chicken stock cubes

## DAIRY & FROZEN

- 75g smoked pancetta
- 115ml single cream
- 4 medium cod fillets
- butter
- 500g minced turkey
- 300g large shrimp
- 650g rump steak
- 400g boneless skinless chicken breast
- 1 large egg
- 300g frozen sweet corn

## PRODUCE

- 2 brown onion
- 1 head of garlic
- 1 bag baby spinach
- 4-6 vine-ripened tomatoes
- 2 lemon
- 1 bunch parsley
- 1 bunch basil
- 1 bunch spring onions
- 1 bunch coriander
- 1 red onion
- 1 lime
- 2 courgette
- 3 bell peppers, any colour