

6 Recipe Aldi Meal Plan July 4 - July 10

1

CHICKEN AND MUSHROOM PIE

You can make the filling for this pie on the weekend and assemble it for a quick weeknight dinner. You can skip puff pastry and use shortcrust or mash potatoes.

3

CREAMY LEMON CHICKEN PASTA

This lemon chicken pasta is quick and easy, but so creamy and delicious. Use single cream so it's a little bit lighter than an average cream sauce.

5

BAKED GNOCCHI WITH CHORIZO

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

CAJUN CHICKEN AND SHRIMP TACOS

A really quick and easy taco Tuesday dinner. Simple Cajun spice brings a hint of heat. But you can add some cayenne and turn the heat up further. Make the creamy avocado lime crema to balance it out.

PORK MINCE LETTUCE WRAPS

Saute the minced pork until it's crispy, then add the sauce. This brings the most flavour. Any leftover pork mince goes amazing with some fluffy white rice for a quick lunch or dinner.

EASY CURRY CHICKEN THIGHS

Sear the chicken thighs so you have tender braised chicken thighs that still have crispy skin. Serve with rice or just with roasted vegetables to keep it low carb.

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4

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Shopping List



STORE CUPBOARD

- dried thyme leaves
- chicken stock cubes
- plain flour
- chilli and garlic seasoning
- Cajun seasoning
- garlic powder
- 8 small corn or flour tortillas
- crushed chilli flakes
- 500 g dried pasta
- 120 g black bean sauce
- light soy sauce
- dark soy sauce
- cider vinegar
- dry roasted peanuts
- smooth peanut butter
- Sriracha
- tomato and roasted red pepper sauce
- 1 x 400g tin chopped tomatoes
- 400 ml tin coconut milk
- curry powder
- chilli powder
- honey
- 500 g bag gnocchi

DAIRY & FROZEN

- 1 box puff pastry
- 4 chicken breasts boneless, skinless
- 1 egg
- 1 ball fresh mozzarella
- butter
- 300ml milk
- bacon lardons
- frozen peas
- frozen sweet corn
- 80g chorizo slices
- 165g king prawns
- fat-free Greek yogurt
- 1.5kg chicken thighs
- 400ml single cream
- 25g parmesan cheese
- 500g mince pork

PRODUCE

- 2 brown onion
- 1 head garlic
- 250g mushrooms
- 3 large carrots
- 1 bunch parsley
- 1 red onion
- 150g spinach
- 1 avocado
- 4 limes
- 2 bunch coriander
- 150g white cabbage
- 1 bunch coriander
- 1 lemon
- 1 bunch parsley
- 1 bunch of basil
- fresh ginger
- 1 bell pepper any colour
- 1 bunch spring onions
- 1 round lettuce