

# 6 Recipe Aldi Meal Plan July 25-31

## 1 **15 MINUTE PASTA PUTTANESCA**

A rich and bold tomato sauce that's really easy to make. If you don't like anchovies you can skip them, but they add so much flavour without being "fishy". Tossed with silky pasta, everything is ready in 15 minutes.

## 3 **ONE POT MEXICAN CHICKEN**

Just some lean chicken breast, a simple homemade seasoning mix, and a drop of cream to bring it all together in 30 minutes flat! Great for leftovers.

## 5 **ONE PAN CHORIZO GNOCCHI**

Everything gets made in one pan so no need to pre-cook the gnocchi. Using the tomato and grilled pepper sauce is a quick shortcut, but you can always use a tin of tomatoes if you prefer.

## **CRISPY BEEF IN OYSTER SAUCE**

A crispy beef stirfry with a thick and savoury oyster sauce with sweet peppers all served over noodles. The perfect weeknight dinner. For meal prep you can slice the peppers a couple of days before. Also makes great leftovers.

## **HONEY GARLIC ROAST PORK BELLY**

Crispy pork belly with a sticky honey garlic sauce is an easy dinner. It's perfect served with fluffy rice and drizzled with extra glaze. The leftovers keep for up to 3 days but are best reheated in the oven rather than microwave.

## **CREAMY MUSHROOM TAGLIATELLE**

A creamy mushroom pasta that is ready in 20 minutes. You can add some chicken to this or keep it veggie. When reheating add some water to loosen the sauce.

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# Shopping List

## STORE CUPBOARD

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- 500 g bag gnocchi
- 90 g ½ jar tomato and roasted red pepper sauce
- chicken stock cubes
- plain flour
- 200g dried pasta
- 1 sachet 120g oyster sauce
- dark soy sauce
- sriracha sauce
- 340g tin sweetcorn
- tomato puree (paste)
- garlic granules
- paprika
- chilli powder
- chilli flakes
- Cajun spice
- light soy sauce
- honey
- brown sugar (light or dark)
- cider vinegar
- 300g dried spaghetti
- 1 tin anchovies
- 2 x 400ml tin cherry tomatoes
- 12 kalamata olives
- 300 g tagliatelle

## DAIRY & FROZEN

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- 80g chorizo slices
- 1 ball fresh mozzarella
- 360g beef steak
- butter
- 500ml single cream
- 500g pork belly slices
- 4-5 boneless skinless chicken breast

## PRODUCE

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- 3 red onion
- 1 head garlic
- 350g spinach
- 1 bunch basil
- 1 lemon
- 1 red pepper
- 2 carrots
- fresh ginger
- 1 lime
- 1 yellow pepper
- 1 bunch coriander
- 1 bunch spring onions
- 1 bunch parsley
- 250g brown mushrooms
- 1 bunch thyme (or use dried)
- 1 yellow onion