

6 Recipe Aldi Meal Plan August 8-14

1

BUTTERNUT SQUASH AND CHICKPEA CURRY

The perfect dinner for meatless Monday. Quick and easy and great for leftovers.

CHINESE LEMON CHICKEN

Crispy chicken tossed in a tangy lemon sauce. This chicken is perfect served with fluffy rice. Not great for leftovers because it doesn't stay crispy.

2

3

QUICK AND EASY ONE POT MEXICAN RICE

Always a reader favourite, this rice dish can be on the table in no time. Leftovers get stored for up to 3 days in the fridge. This recipe is naturally veggie/vegan but add some chicken or halloumi into the dish to bulk it up or serve it with the fajitas.

SUPER SIMPLE TOMATO CHICKEN PASTA

This tomato chicken pasta is your dinner dream! Only 30 minutes and simple ingredients make up with this creamy tomato sauce that clings to golden tender chicken and hugs all those silky pasta noodles. Finish it off with some parmesan or fresh mozzarella cheese and fresh basil.

4

5

CREAMY COCONUT SALMON CURRY

This salmon is baked with a sweet, and salty and just a little bit spicy crust that seals all the moisture into the salmon. No dry salmon here! And that homemade Thai curry sauce that just brings everything together in the most creamy, fragrant, way that only a comforting curry can do.

EASY 15 MINUTE STEAK FAJITAS

Marinated sirloin steak seared to perfection with peppers, onions and all the avocado and lime! It's a quick skillet dinner that the whole family will love. Easy prep, big, bold flavours and all served in the pan.

6



Shopping List



STORE CUPBOARD

- 1 x 400g tin cherry tomatoes (or use chopped)
- 2 tins chopped tomatoes
- chicken stock cubes
- 500g dried pasta
- 250g basmati rice
- 250g tinned corn
- 1 tin chickpeas
- chilli powder
- cumin powder
- tomato puree
- demerara sugar
- curry powder
- ground ginger
- garlic powder
- Thai red curry paste
- 2 x 400ml tins coconut milk
- popadoms
- soy sauce
- white wine vinegar
- cornstarch
- honey
- 8-10 small flour tortillas
- Cajun spice mix
- chilli flakes
- ground cinnamon
- tortilla chips
- basmati rice

DAIRY & FROZEN

- 1 kg chicken breasts
- 2 salmon fillets
- mascarpone cheese
- parmesan cheese
- frozen peas
- 225g sirloin Steak
- Greek yogurt
- 1 egg

PRODUCE

- 2 red onions
- 2 yellow onions
- 1 head garlic
- 1 bunch basil
- 1 bag rocket
- 2 lemons
- 1 large carrot
- 1 courgette
- 1 bunch coriander
- fresh ginger
- 3 limes
- 1 bag spinach
- fresh coriander
- 1 red pepper
- 1 yellow pepper
- 1 avocado
- 1 butternut squash