

# 6 Recipe Aldi Meal Plan August 22-28

1

## CREAMY COCONUT SALMON CURRY

Spice crusted salmon fillets get baked up crispy and served over the creamiest homemade Thai curry sauce. The great news is that this whole dish only takes about 30 minutes to make. Not great for leftovers. Serve with rice.

3

## SIMPLE SPINACH GNOCCHI

The easiest gnocchi recipe! Crispy pan-fried gnocchi in a lemony cream sauce with some crispy prosciutto and spinach. Leftovers can be stored for up to 3 days. The sauce will thicken in the fridge so add some water before reheating.

5

## COCONUT CHICKEN CURRY

One of the most popular recipes on the website. Creamy coconut curry sauce with the most tender chicken. Serve with fluffy rice and naan or popadoms (or both!) You can use reduced-fat or full fat coconut milk for this recipe.

## EASY ONE POT PRAWN RICE

A simple rice dish that's just like a shortcut paella. I've used prawns but you can use chicken or keep it vegetarian if you prefer. It's also great as a side dish for a Mexican feast or as a burrito filling.

2

## 15 MINUTE PASTA PUTTANESCA

A 15-minute pasta that's full of flavor. You can skip the anchovies if you like, but they really do make the dish. They melt into the sauce making them imperceptible. Great for leftovers for up to 3 days.

4

## SLOW COOKER HONEY GARLIC CHICKEN THIGHS

A slow cooker chicken recipe that still gives you crispy skin!!! These chicken thighs are great for leftovers. Best reheated in the oven to keep the chicken crispy.

6



# Shopping List



## STORE CUPBOARD

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- demerara sugar
- curry powder
- ground ginger
- garlic powder
- Thai red curry paste
- 2 x 400ml coconut milk
- dark soy sauce
- paprika
- chilli powder
- basmati rice
- vegetable stock cube
- 500g dried gnocchi
- Italian herbs
- pasta seasoning mix
- 500g dried spaghetti
- 1 tin anchovies
- 1 x 400ml tin cherry tomatoes (or chopped)
- kalamata olives
- tomato puree
- turmeric
- 1 x 400g tin chopped tomatoes
- dark brown sugar
- honey
- cider vinegar
- sriracha

## DAIRY & FROZEN

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- 500g salmon fillets
- 200g frozen peas
- 275g frozen king prawns
- prosciutto
- butter
- 300ml single cream
- parmesan
- 500g boneless skinless chicken breast
- 8 bone-in chicken thighs

## PRODUCE

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- 1 head garlic
- fresh ginger
- 2 lime
- baby spinach
- 1 bunch basil
- 1 bunch coriander
- 1 red pepper
- 8 medium vine tomatoes
- 1 lemon
- 1 bunch parsley
- 3 yellow onion
- 1 pack pak choi or similar leafy cabbage