

6 Recipe Aldi Meal Plan August 15-21

1

CREAMY TUNA PASTA BAKE

A simple tuna pasta bake to start the week. It'll more than likely leave you with leftovers that you can have for lunch or dinner the following day. Store in an airtight container in the fridge. *Do not freeze.

3

QUICK AND EASY CHICKEN AND SHRIMP TACOS

These tacos are a perfect midweek dinner. Quick to make and so delicious. You can use all chicken if you prefer. Serve with the avocado sauce and the corn or mango salsa.

5

15 MINUTE TURKEY MINCE STIR FRY

Lean turkey mince, a flavourful Asian sauce and some veggies all served over a bed of fluffy rice, or you could use noodles if you prefer. This stir fry only takes 15 minutes so it's best for making on your busiest night of the week.

ONE PAN BLACKENED COD

This one pan cod is served in a healthy low carb tomato and white bean sauce that you will love. You can use thicken in place of the cod or even use salmon if you prefer. Follow the instructions but you may need to slightly adjust the cooking time.

2

THE EASIEST PORK CURRY

This recipe is always great for using any leftover pork you may have from your Sunday roast but pork loin is what I've used and it works great. It's perfect for using corn and courgette which are abundant this time of year.

4

BUTTERNUT SQUASH AND CHICKPEA CURRY

This vegan curry is great for batch cooking. You can double the recipe and freeze half for later if you like. Leftovers keep well for 2-3 days in the fridge. Serve with poppadoms and mango chutney.

6



Shopping List

STORE CUPBOARD • paprika

-
- 500g dried penne
 - 100g plain flour
 - vegetable stock cubes
 - 1 tin tuna packed in water
 - mixed spice
 - English mustard
 - cajun spice
 - 400g tin white beans
 - cayenne
 - grund cumin
 - dried thyme
 - black pepper
 - onion granules
 - chilli and garlic seasoning
 - Cajun seasoning
 - garlic powder
 - 8 small corn tortillas
 - ground turmeric
 - curry powder
 - chilli powder
 - smooth peanut butter
 - soy sauce
 - 2 x 400ml coconut milk
 - 1 x 400g tin chickpeas
 - 1 x 400g tin chopped tomatoes
 - chilli flakes

DAIRY & FROZEN

-
- 100g butter
 - 425ml milk (any type)
 - 250g cheddar
 - 4 medium cod fillets
 - 2 medium chicken breast
 - 165g bay king prawns
 - 150ml Greek yogurt
 - 500g turkey mince
 - 500g pork fillet
 - dry roasted peanuts or honey roasted peanuts
 - teriyaki sauce
 - Sriracha sauce
 - basmati rice

PRODUCE

-
- 1 head garlic
 - 1 bunch parsley
 - 4-6 tomatoes
 - 1 lemon
 - 2 lime
 - 1 bunch basil
 - 500g spinach
 - 1 medium avocado
 - 1 bunch coriander
 - 150g white cabbage
 - 2 yellow/ brown onion
 - fresh ginger
 - 1 courgette (zucchini)
 - 2 ears sweetcorn
 - 1 sm butternut squash
 - 1 red pepper
 - 1 yellow pepper
 - 1 avocado
 - 1 butternut squash
 - 220g tenderstem