

6 Recipe Aldi Meal Plan August 29-Sep.4

1

CREAMY MUSHROOM STROGANOFF

A vegetarian version of the classic. Loaded with golden mushrooms, feel free to add extra veggies to this dish. Serve over rice or noodles. Any leftovers keep well for 3 days. Add a splash of water when reheating to loosen the sauce.

3

SIMPLE ONE POT LEMON CHICKEN PASTA

An indulgent one-pot pasta that is still quick and easy. Golden-seared chicken in a lemon cream sauce. Leftovers store for 2-3 days.

5

QUICK AND EASY BACON CORN CHOWDER

This chowder is perfect for August when corn is at its most abundant. But you can use frozen corn here too. Leftovers can be frozen or stored in the fridge for up to 3 days.

EASY ALL IN ONE SAUSAGE TRAY BAKE

A quick and easy hands-off dinner option. Use any type of sausage for this recipe. Leftovers make great lunches the next day. Not great for freezing.

2

15 MINUTE TURKEY STIR FRY

A 15-minute turkey stir fry that is healthy and very low in fat. You can serve this stir fry over rice or with extra roasted veggies to keep it low carb. Or serve in lettuce cups for the ultimate low carb lettuce wrap.

4

BLACKENED COD WITH TOMATO BUTTER SAUCE

Fresh tomato butter sauce with butter beans and Cajun cod! A one-pan feast. You can use chicken instead of cod if you like. Fish never keeps well, so this is best enjoyed the day you make it.

6



Shopping List

STORE CUPBOARD

- 4 tablespoons cajun spice
- 1 x 400ml tin butter beans
- paprika
- cayenne
- ground cumin
- dried thyme
- onion granules
- black pepper
- vegetable stock cubes
- chicken stock cubes
- 500g dried pasta
- dried basil
- dried oregano
- chicken and steak seasoning
- English mustard
- teriyaki sauce
- dark soy sauce
- Sriracha
- basmati rice
- honey roasted peanuts
- crushed chilli flakes

DAIRY & FROZEN

- 4 medium cod fillets
- butter
- frozen corn
- 500ml double cream
- pancetta
- 500g chicken thighs, boneless skinless
- 400ml single cream
- parmesan
- 6 sausages (any type)
- 200ml sour cream
- 500g turkey mince

PRODUCE

- 1 head garlic
- 4-6 vine-ripened tomatoes
- 2 lemon
- 1 bunch parsley
- 1 bunch basil
- 1 yellow onion
- 500g baby new potatoes
- 2 large carrots
- 3 stalks celery
- tenderstem broccoli
- 1 green jalapeno
- 1 red onion
- 8-10 cherry tomatoes
- 2 bell peppers (any colour)
- 1 yellow onion
- 500g mushrooms
- ginger
- spring onions