

6 Recipe Aldi Meal Plan Sept 26- Oct. 2

1

ONE PAN BROCCOLI GNOCCHI BAKE

A creamy vegetarian gnocchi bake to start the week. Add extra vegetables like spinach or artichokes. To add extra protein you can add in some leftover roast chicken or rotisserie chicken. Keeps well in the fridge for 3 days. Don't freeze.

3

ASIAN SLOW COOKER CHICKEN THIGHS

These chicken thighs can be served over rice or just with steamed vegetables to keep it low carb. Make extra sauce to add to stir-fries or noodles another day.

5

ITALIAN CHICKEN IN CREAMY TOMATO SAUCE

A simple skillet chicken dinner that everyone loves. Another easy dinner that can be kept low carb by serving it with roasted vegetables or salad. It's also really amazing served over mashed potatoes.

EASY 30 MINUTE PASTA NAPOLITANA

A 30-minute pasta that is comforting and easy to make. Leftovers keep well for 3 days. Reheat in the microwave for an easy weekday lunch.

2

CREAMY LEEK AND CHICKEN SOUP

A mild and comforting soup that makes the most of simple ingredients. This soup freezes really well and is amazing served with the cheese rolls.

4

SLOW COOKED BEEF AND ALE STEW

Tender fall-apart beef that is slow-cooked with vegetables and a rich ruby ale. You can skip the ale and use extra beef stock if you prefer. This beef stew freezes really well.

6



Shopping List

STORE CUPBOARD

- 500g shelf-stable gnocchi
- vegetable stock cubes
- 2 x 400 g tin cherry tomatoes (or chopped tomatoes)
- tomato puree (paste)
- crushed chili flakes
- 500g dry spaghetti
- basmati or white rice
- brown sugar (dark or light)
- honey
- dark soy sauce
- cider vinegar
- Sriracha
- turmeric
- curry powder
- yeast
- strong flour
- Worcestershire sauce
- tomato and grilled pepper sauce (or red pesto)
- 300ml dark ruby ale
- beef stock cubes
- bay leaf
- sun-dried tomatoes
- pasta seasoning & Italian herb mix

DAIRY & FROZEN

- 125g cream cheese
- 250g grated mozzarella
- parmesan
- 6-8 chicken thighs (bone in- skin on)
- 1kg chicken breasts, boneless skinless
- 250ml whole milk
- butter
- 2 eggs
- 300g grated cheddar
- 1kg beef brisket
- 85g smoked pancetta
- double cream

PRODUCE

- 1 head broccoli
- 4 x yellow onion
- 1 head garlic
- fresh ginger
- pak choi
- celery
- herbs- basil, coriander, parsley, thyme, rosemary
- 2 leeks
- 3 large King Edward Potatoes
- 1 red pepper
- 2 medium carrots