

6 Recipe Aldi Meal Plan Sept 5-11

1 **ONE PAN HALLOUMI PASTA**

A vegetarian pasta dish that's a quick and easy way to start your week. This recipe makes the most of pantry ingredients like sun-dried tomatoes and chargrilled peppers. Keep them in the fridge for adding to pastas and curries.

3 **EASY SALMON CURRY BOWLS**

This recipe is perfect for introducing salmon to nonfish eaters. It's got so much flavour! Aldi stock a Thai curry kit which I've used here. If you don't have access to that, then some Thai red curry paste and 400ml of coconut milk works great.

5 **SLOW COOKER CHICKEN THIGHS**

You can use chicken breast in this recipe instead of chicken thighs if that's what you have. Just a few very basic ingredients is all you need for this one. Make the sauce a few days before and keep in the fridge, or make extra to keep for adding to stir fries.

EAST CRISPY CHILLI CHICKEN

An amazing healthy alternative to takeaway. Crispy chilli chicken will keep well in the fridge for up to 3 days. *The recipe calls for cashews but feel free to use the dry roasted peanuts that go on the Asian meatballs. Or switch to cashews for both recipes.

30 MINUTE ASIAN PORK MEATBALLS

Lean pork is what I've used for these meatballs but you can use turkey or chicken mince (ground meat) if you prefer. The meatballs can be made in advance as part of meal prep and stored in the fridge for 2-3 days or in the freezer for 3 months.

ONE PAN PRAWN RICE (SHORTCUT PAELLA)

This one pan rice is a very loose interpretation of paella. You can use fresh or frozen prawns. Be sure to not overcook them. Serve on its own for a light dinner or as part of a Mexican feast!



Shopping List

STORE CUPBOARD

- demerara sugar
- curry powder
- ground ginger
- garlic powder
- Thai red curry kit (incl. coconut milk)
- soy sauce (dark or light)
- dark brown sugar
- honey
- cider vinegar
- Sriracha sauce
- vegetable stock cube
- basmati or long-grain rice
- cream crackers
- 1 pack hoisin sauce
- demerara sugar
- dry roasted peanuts
- paprika
- corn starch
- cashews (optional)
- chicken stock cubes
- 300g spaghetti
- sun-dried tomatoes (in jar)
- roasted peppers (jar)
- 1 x 400g tin cherry tomatoes
- garlic and tomato seasoning
- chilli powder

DAIRY & FROZEN

- 500g salmon fillets
- 6-8 chicken thighs, bone-in, skin on
- 500g lean pork mince
- 1 egg
- 1 block halloumi
- 200g frozen peas
- 275g frozen prawns, peeled if possible
- 500g chicken breast
- double cream

PRODUCE

- 1 head garlic
- fresh ginger
- 1 lime
- 1 bag baby spinach
- 1 bunch basil
- 1 bunch coriander
- 1 pack pak choi or broccoli
- 1 lemon
- 1 bunch parsley
- 1 yellow/ brown onion
- 1 red pepper
- 8 medium vine tomatoes
- 1 bunch spring onions
- red chilli peppers (jalapeno)