

6 Recipe Aldi Meal Plan Sept 12-18

1

ONE PAN BLACKENED CAJUN COD

This blackened cod is a light and healthy way to start your week. Keep it low carb with the tomato and bean ragu or add in some potatoes for make this dinner stretch. The sauce can be made in advance. If you're not a fan of fish use chicken instead.

3

EASY CHEESEBURGER PASTA

This easy pasta dinner is always a hit with kids. Makes great leftovers. You can turn this into a pasta bake the next day by adding cheese on top and baking. You can also use chicken or turkey mince instead of beef.

5

SLOW COOKED BEEF AND ALE STEW

Tender slow-cooked beef is the perfect comfort food as we head into autumn. Serve with dumplings or fresh crusty bread for the perfect dinner. Freezes well and keeps in the fridge for up to 3 days.

ALL IN ONE SAUSAGE TRAY BAKE

2

A reader favourite, this sausage tray bake is an all-in-one dinner with a pan sauce made in the oven. It makes great leftovers the next day. Add in extra peppers or potatoes if you like. This is also great for using leftover potatoes from a Sunday roast.

SHEET PAN SALMON TRAY BAKE

4

Another tray bake to keep life extra simple this week. You can use salmon fillets instead of a side of salmon. And the recipe states asparagus but use any green vegetable that you have. Broccoli or green beans work well here.

ONE PAN BAKED SPINACH GNOCCHI

6

A quick and easy dinner that everyone loves. You can use the shelf-stable gnocchi or the fresh stuff from the fridge section. No need to simmer the gnocchi first, it cooks right in the sauce.



Shopping List

STORE CUPBOARD

- Cajun spice
- 1 x 400g tin butter beans or cannellini beans
- smoked paprika
- cayenne pepper
- ground cumin
- dried thyme
- onion granules
- dried basil
- dried oregano
- chicken and steak seasoning
- chicken stock cubes
- 500g macaroni or other short pasta
- 1 x 400g tin cherry tomatoes
- honey
- flour
- tomato puree/ tomato paste
- beef stock cubes
- dark ruby ale or similar dark beer
- 1 bay leaf
- Worcestershire sauce
- 500g potato gnocchi
- 500g passata

DAIRY & FROZEN

- 4 medium cod fillets
- butter
- 6 sausages (any type)
- 500g mince beef
- parmesan
- 175g cheddar
- 100g shredded mozzarella
- 500g boneless side of salmon (or use fillets)
- 1 kg beef brisket or stewing beef
- 1 x 250g tub ricotta
- 140g ball fresh mozzarella

PRODUCE

- 1 head garlic
- 4-6 vine-ripened tomatoes
- 1 lemon
- 8-10 cherry tomatoes
- 1 red onion
- herbs- parsley, basil, rosemary (dried if unavailable)
- 2 bell peppers (any colour)
- 3 brown onion
- 1 bunch asparagus or green beans
- 2 medium carrots
- 3 sticks celery
- 500g baby spinach
- 700g new potatoes