

6 Recipe Aldi Meal Plan Oct. 17- 23

1 **ONE POT CURRY CHICKEN THIGHS**

A simple spice mix of curry powder, coconut milk, and some tinned tomatoes. to make a gorgeously fragrant curry sauce. Serve these chicken thighs over basmati rice and let the rice soak up all that sauce. You will absolutely love this 30-minute simple chicken dinner.

QUICK AND EASY SAUSAGE PASTA

2

This sausage pasta brings all the flavour and comfort of the perfect midwinter dinner. It's also only 30 minutes to make from start to finish. Creamy tomato sauce with spinach, herbs sausage meat browned to perfection and enough spinach and peppers to make sure you get your veggies.

CHEESY BAKED TORTELLINI

4

This cheesy baked tortellini is made with a rich but simple tomato sauce with the slightest hint of cream, and fragrant Italian herbs all baked under a blanket of cheese until bubbling and golden. Freezer and leftover friendly. *You can skip the cream if you want to.

3 **SLOW COOKER CHILLI CON CARNE**

Meltingly tender beef, spicy sauce and just enough beans to let you know you're eating chilli but not so much that all you taste are beans. This slow cooker chilli con Carne is the perfect dinner for any night. Freezer friendly and makes great leftovers.

5 **15 MINUTE TURKEY STIR FRY**

Quick, easy, and healthy. Only 10 ingredients and 15 minutes are all you need for this easy dinner. It's great for leftovers. If freezing then only freeze the turkey and add the vegetables when reheating.

EASY SWEET POTATO CURRY

6

A fragrant vegan curry with sweet potatoes and lots of texture and flavour. You can use butternut squash instead of the sweet potatoes for this recipe.



Shopping List

STORE CUPBOARD

- 3 x 400g tin chopped tomatoes
- 2 x 400ml coconut milk
- curry powder
- chilli powder
- honey
- 400g penne
- 1 x 400g tin kidney beans
- cumin
- cocoa powder
- 250g pack of tortellini
- dried oregano, dried basil, thyme, cinnamon
- 1 x 500g passata
- teriyaki sauce
- dark soy sauce
- Sriracha sauce
- basmati rice
- honey roasted peanuts
- red Thai curry paste
- vegetable or chicken stock cubes
- cashews

DAIRY & FROZEN

- 1kg chicken thighs (bone-in, skin-on)
- 3-4 Lincolnshire sausages
- single cream
- 250g lean minced beef
- 100g smoked pancetta or bacon
- 100ml double cream
- 250g shredded mozzarella
- 50g parmesan cheese
- 500g turkey mince

PRODUCE

- 2 small brown onion
- 1 head garlic
- fresh ginger
- 1 lime
- 1 bunch of coriander & basil
- 300g spinach
- 2 shallots
- 1 yellow bell pepper
- 200g spinach
- 1 lemon
- 2 red onions
- 1 head of celery
- 80-100g kale
- 220g Tenderstem or broccoli
- 1 bunch spring onions
- 500g sweet potatoes