

6 Recipe Aldi Meal Plan Oct. 31- Nov. 6

1 **CHEESY BAKED TORTELLINI**

A homemade creamy tomato sauce, cheese stuffed tortellini all baked under a heavy blanket of cheese! You don't need to boil the pasta first. It cooks right in the sauce. And this recipe reheats like really well, making it a dream for leftovers.

EASY BUTTERNUT SQUASH CURRY

All made in one pan, this squash curry can be made with any type of squash or pumpkin. It freezes well and keeps in the fridge for up to 3 days. Serve it with rice and homemade naan. The crispy shallots are optional but they only take a few minutes.

3 **ONE PAN BLACKENED COD**

This is a low-carb dish but can easily be served with some roasted potatoes or rice if you love carbs! The recipe uses fresh tomatoes but you can use a tin of chopped tomatoes if you prefer. Just be sure to adjust the shopping list above. You can substitute chicken for cod if you like.

CREAMY COCONUT CHICKEN CURRY

One of the most popular recipes on Savvy Bites. This easy chicken curry is freezer friendly and reheats well. Add in extra vegetables like courgettes or cauliflower.

5 **SLOW COOKER COTTAGE PIE**

This slow cooker cottage pie is great for cooking once and eating twice. You can skip the red wine if you like and it will still be absolutely incredible. You can substitute mashed sweet potato instead of regular potatoes if you wish. This recipe also freezes very well. You can make the filling and freeze it or top it with the potatoes and freeze.

15 MINUTE CRISPY CHILLI BEEF

This recipe is crispy, saucy, and absolutely amazing. It's easy and quick to make so it's great as a fakeaway dinner. However, it's not great for leftovers, so best enjoyed the day you make it!



Shopping List

STORE CUPBOARD

- 250g shelf-stable tortellini
- Italian herbs
- 500g carton of passata
- cornstarch
- ketchup
- 1 x 400g tin chickpeas
- 2 x 400g chopped tomatoes
- 2 x 400g tin coconut milk
- Spices- cinnamon, ground cumin, garam masala, curry powder, chili powder, turmeric, dried thyme, onion granules, paprika
- maple syrup
- Cajun spice
- 1 x 400g tin cannellini beans
- paprika
- cayenne pepper
- cider vinegar
- Worcestershire sauce
- tomato purée
- plain flour
- red wine (optional)
- beef stock cubes
- dark soy sauce
- demerara sugar
- honey

DAIRY & FROZEN

- double cream
- shredded mozzarella
- parmesan
- 4 medium cod fillets
- butter
- 500g minced (ground) beef
- Greek yogurt
- milk
- 500g boneless skinless chicken
- 250g sirloin
- 175g frozen peas

PRODUCE

- 4 shallots
- 1 head garlic
- herbs- 1 bunch thyme, basil, parsley, coriander
- 3 brown onion
- 1 small butternut squash
- 500g bag of spinach
- 2 lemon
- 4-6 vine-ripened tomatoes
- 200g brown mushrooms
- 4 large potatoes
- 3 carrots
- fresh ginger
- 1 red chili pepper