

# 6 Recipe Aldi Meal Plan Oct. 3- Oct. 9

1

## ONE PAN SAUSAGE AND BEAN CASSEROLE

With this flexible recipe you can use any kind of sausages and either butterbeans or cannellini beans. Use kale or spinach as an alternative. This casserole keeps well for up to 3 days in the fridge or you can freeze for 3 months.

3

## EASY CURRY CHICKEN THIGHS

These chicken thighs can be served over rice or just with steamed vegetables. Crispy skin and tender chicken in a fragrant curry sauce, these chicken thighs are an easy weeknight dinner. They freeze well and keep in the fridge for 3 days.

5

## 30 MINUTE BEEF STIR FRY WITH PEPPERS

Use a quick-cooking cut of beef for this easy stir fry. Any colour of pepper works here too. I love this saucy stir fry served over noodles but you can serve it over rice too.

## CHORIZO AND MOZZARELLA GNOCCHI

A 30-minute comforting recipe that everyone loves. Fluffy potato gnocchi with a rich tomato sauce and mildly spicy chorizo all baked with cheese. Reheats well and keeps for 3 days in the fridge.

2

## CREAMY MUSHROOM STROGANOFF

A simple dinner, this mushroom stroganoff is a great vegetarian dinner. Serve over rice, noodles, or mashed potatoes. You can add chicken or beef if you like. Keeps in the fridge for 3 days. Not suitable for freezing.

4

## CREAMY BUTTERNUT SQUASH PASTA

A creamy butternut squash sauce tossed with pasta, this recipe is perfect served with a salad and some bread. You can make a double batch of sauce and freeze for up to 6 months.

6



# Shopping List

## STORE CUPBOARD

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- vegetable stock cubes
- 400g penne pasta
- soy sauce
- honey
- Sriracha
- English mustard
- 1 x 400ml tin coconut milk
- curry powder
- chilli powder
- 500g bag gnocchi
- 1 jar (90g) tomato and roasted red pepper sauce
- paprika
- 1 x 400g tin chopped tomatoes
- chicken stock cubes
- white wine
- 1 x 400g tin butterbeans
- 25g bread crumbs/crackers

## DAIRY & FROZEN

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- 100g grana Padano
- 600g rump steak
- 200 ml sour cream full fat
- 6 Cumberland sausages
- 1kg bone-in, skin-on chicken thighs
- 80g chorizo sausages
- 1 ball of fresh mozzarella

## PRODUCE

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- 1 small butternut squash
- 1 head of garlic
- fresh ginger
- 3 bell peppers (any colour but green)
- 1 courgette
- 1 bunch of spring onions
- 1 bunch of basil
- 3 x brown onion
- 500g brown mushrooms
- 1 bunch parsley
- 1 lime
- 1 bunch coriander
- 1 red onion
- 500g spinach
- 2 lemon
- 1 bunch thyme