

6 Recipe Aldi Meal Plan Nov. 28- Dec. 4

1 **CHICKEN AND MUSHROOM POT PIE**

A cozy and comforting dinner. You can make this in one larger pie or individual. The filling can be made in advance and frozen for up to 3 months. This is a great recipe use up leftover turkey from Thanksgiving if you have any.

3 **SAUSAGE AND PEPPER PASTA**

This easy pasta recipe uses Italian spiced chicken sausages making it much lower in fat and calories than a traditional pork sausage. The recipe is full of flavour and only takes about 30 minutes to make. Leftovers can be stored for up to 3 days.

5 **RED THAI PRAWN CURRY NOODLE BOWLS**

This easy recipe takes about 20 minutes. It's full of vegetables, juicy prawns, and lots of Thai spice. Perfect for warming up and keeping the sniffles away. The noodles and broth can be kept for leftovers, but you should definitely not keep the prawns as leftovers.

TERIYAKI SALMON STIR FRY

This a quick and easy recipe, full of healthy omega-3 fats. So often in the winter, we struggle to meet our nutritional needs. This salmon stir fry only takes about 20 minutes. You can serve with extra roasted vegetables to get even more nutrients.

VEGETARIAN ONE POT MEXICAN RICE

This recipe is great for a quick one-pot vegetarian dinner. It also makes the most of frozen vegetables. The recipe uses peas and sweetcorn but you can use frozen mixed vegetables or anything you have on hand. You can also add some leftover or rotisserie chicken if you don't need it veggie.

EASY CAULIFLOWER AND CHEESE SOUP

This cauliflower soup has extra vegetables, but you'll never notice once it's all blended smoothly. A sheet of puff pastry baked with some pesto makes the perfect pairing for this cozy soup. Freezes great for up to 3 months.



Shopping List



STORE CUPBOARD

- chicken stock cubes
- plain flour
- light soy sauce
- corn starch
- cider vinegar
- dark brown sugar
- onion powder
- chili powder
- basmati rice
- roasted peanuts
- 500g bag rigatoni
- 2 x 400g tin chopped tomatoes
- tomato purée
- red wine (optional)
- herbs- dried oregano, Italian herb mix,
- cumin powder
- tortilla chips (optional)
- Thai red curry paste
- 1 x 400ml coconut milk
- honey
- vegetable stock cubes
- mixed spice
- basil pesto
- 300g egg noodles

DAIRY, MEAT & FROZEN

- 340g chicken sausages
- 2 x 375g sheet puff pastry
- 1 egg
- 2 chicken breasts
- 100g smoked bacon
- butter
- 500ml milk
- 200g frozen peas
- 500g frozen sweet corn
- 150g mozzarella
- 300-500g boneless salmon fillets
- parmesan cheese
- 300g raw shrimp
- 100g cheddar

PRODUCE

- 4 x yellow onion
- 1 head garlic
- 250g mushrooms
- 5 large carrots
- herbs- 1 bunch thyme, parsley, basil, coriander
- 3 x bell peppers (any colour)
- 2 x red onion
- fresh ginger
- 1 bunch of spring onions
- 1 courgette
- 2 x lime
- 2 courgette
- 1 small head of cauliflower