

# 6 Recipe Aldi Meal Plan Nov. 7- 13

## 1 **ROASTED BUTTERNUT SQUASH GNOCCHI**

A creamy roasted butternut squash sauce gets tossed with pan-fried gnocchi and baked with mozzarella. This easy dinner reheats so well making it great for leftovers and meal prep. Keep it vegetarian or add some crispy fried bacon.

## 3 **SLOW COOKER LAMB TAGINE**

This tagine is one of my favourite slow cooker recipes. All the Moroccan flavours. Cumin, tomatoes, coriander, and a hint of cinnamon are all slow-cooked until it's meltingly tender. Great for freezing for a later time.

## 5 **QUICK AND EASY CHEESEBURGER PASTA**

All the best parts of a cheeseburger but made in one pan. This easy one-pot pasta freezes well and makes great leftovers.

## **EASY BEEF STIR FRY W/ STICKY ASIAN SAUCE**

A quick and easy beef stir fry full of fresh vegetables and a sticky mildly spicy Asian stir fry sauce.

Double the sauce to use some over rice.

\*Not great for leftovers and definitely not for freezing.

## **EASY PORK CURRY WITH RICE**

This pork curry uses lean pork tenderloin but you can easily use chicken instead. It's great for leftovers. Add in extra veggies like spinach if you want to.

## **THAI RED CURRY TURKEY MEATBALLS**

These easy and lean turkey meatballs are great for making ahead. Make the meatballs and freeze them until you're ready. serve this with noodles or rice for the perfect dinner.

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# Shopping List

## STORE CUPBOARD

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- 500g shelf stable
- soy sauce (light or dark)
- honey
- Sriracha
- spices- cumin, ground coriander, cinnamon, paprika, ground turmeric, yellow curry powder, chili powder, chili flakes, paprika
- 1 x 400g tin chopped tomatoes
- 1 x 400g tin chickpeas
- 20g dried apricots
- 15g dried dates
- flaked almonds
- beef stock cubes
- smooth peanut butter
- 2 x 400ml tin coconut milk
- 300g macaroni or penne
- dry roasted peanuts
- 1 x 400g tin cherry tomatoes
- chicken stock cubes
- Thai red curry paste
- brown sugar
- walnuts

## DAIRY & FROZEN

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- 50g parmesan
- 75ml milk
- 50g pancetta
- 1 ball fresh mozzarella
- 600g rump steak
- 600g diced lamb
- 500g pork fillet
- 500g minced beef
- 175g cheddar
- 100g shredded mozzarella
- 500g turkey mince
- Greek yogurt

## PRODUCE

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- 1 small butternut squash
- 1 head garlic
- 5 x yellow onion
- 2 lemon
- fresh ginger
- 3 bell peppers
- 2 x courgette (zucchini)
- 1 bunch of spring onions
- 1 pomegranate
- herbs- coriander, basil, rosemary, parsley
- 2 ears sweet corn (or use frozen)
- 1 lime