

6 Recipe Aldi Meal Plan December 5-11

1 **EASY SLOW COOKER CHILLI CON CARNE**

This slow cooker chilli is absolutely perfect for batch cooking. It's great for leftovers and freezes really well. You can make this with ground turkey or chicken to make it really low-fat.

30 MINUTE CAJUN CHICKEN PASTA

A quick and easy pasta dish that requires only 9 ingredients. This chicken recipe uses chicken breast, but you can easily use chicken thighs too. Make it spicy or mild and add in extra veggies if you want to.

3 **CHICKPEA & BUTTERNUT SQUASH CURRY**

This curry recipe is a simple vegan dinner that every meat eater will love. Full of fragrant spice and creamy coconut milk, it's a simple dinner that makes great leftovers and freezes well.

SPICY KOREAN STYLE CHICKEN

Mildly spicy Asian chicken that requires only a handful of ingredients and takes only 30 minutes to make. Serve it with basmati rice and broccoli. Top it with roasted peanuts to the perfect alternative to takeout.

5 **CRISPY BEEF IN OYSTER SAUCE WITH NOODLES**

You can use any quick-cooking steak for this recipe. It states sirloin but you can use something like a minute steak too. This recipe is incredible when eaten the day you make it, but it's not great for leftovers.

EASY ONE PAN BROCCOLI GNOCCHI

A creamy one-pan dinner that will go down a hit with even your pickiest eaters. You can add chicken or extra veggies if you like. And this one pan gnocchi makes great leftovers.



Shopping List



STORE CUPBOARD

- 3 x 400g tin chopped tomatoes
- 400g tin mixed beans in chilli sauce or kidney beans
- tomato purée
- herbs/ spices- dried thyme, chilli powder, cumin, Cajun spice, garam masala, curry powder
- 500g bag of penne
- Sriracha
- cornstarch
- soy sauce (light or dark)
- honey
- dry roasted peanuts
- plain flour
- 300g spaghetti
- 120g sachet oyster sauce
- 400g tin chickpeas
- 400g coconut milk
- maple syrup
- 500g bag of gnocchi
- vegetable stock cubes
- beef stock cubes
- cocoa powder
- basmati rice

DAIRY, MEAT & FROZEN

- 500g lean mince beef
- 1kg chicken breast or thigh, boneless skinless
- 200ml single cream
- 25g parmesan cheese
- 360g sirloin steak
- 125g cream cheese
- 200g shredded mozzarella

PRODUCE

- 1 x red onion
- 1 head garlic
- 3 stalks of celery
- 1 lemon
- 1 bunch of coriander
- fresh ginger
- 2 bunch of broccoli
- 2 limes
- 1 bunch green onions
- 1 red pepper
- 2 carrots
- 1 brown onion
- 1 small butternut squash
- 500g spinach
- 1 shallot or use some leftover onion