

6 Recipe Aldi Meal Plan December 12-18

1 **SPINACH AND ARTICHOKE GNOCCHI**

A quick and easy one-pan vegetarian recipe that's great to get the week started. You can easily customize this by skipping the pesto and using sundried tomatoes. This keeps well in the fridge for 3 days.

3 **20 MINUTE HALLOUMI PASTA**

Pan-fried halloumi is one of the most addictive foods. And it pairs great with this bright and fresh tomato pasta. I've used a tin of cherry tomatoes but you can easily use a tin of chopped tomatoes or even passata to keep it easy.

5 **SLOW COOKER BOLOGNESE**

The slow and low cooking of this bolognese ensures that you have a meltingly tender bolognese that is rich and flavourful. It's made with mince rather than chuck steak to keep the cost down. This recipe uses a mixture of mince beef and pork, but you can easily use beef only.

SLOW COOKER HONEY GARLIC CHICKEN THIGHS

2

These slow cooker chicken thighs can be made with boneless skinless chicken breast. Serve this chicken with rice and pak choi. The chicken keeps well in the fridge for up to 3 days. It's best to reheat them in the oven to get the skin crispy again.

EASY PORK AND VEGETABLE CURRY

4

Pork loin is a very lean meat that can dry out easily if it's overcooked. So simmering it in a fragrant coconut curry sauce is a great way to keep it moist. You can substitute the courgette for some frozen vegetables if that's what you prefer. Leftovers can be reheated in the microwave.

LEFTOVERS

6



Shopping List

STORE CUPBOARD

- 500g bag of shelf-stable gnocchi
- vegetable & beef stock cubes
- 25g dark brown sugar
- honey
- dark soy sauce
- cider vinegar
- Sriracha
- basil pesto
- spices- ground turmeric, yellow curry powder, chili powder, chili flakes, dried oregano, dried basil, cinnamon
- smooth peanut butter
- dry roasted peanuts
- 500g dried spaghetti
- basmati rice
- 1 jar artichokes
- 3 x 400g tins chopped tomatoes
- 5 sun-dried tomatoes
- 5 pieces roasted peppers
- garlic and tomato pasta seasoning
- 125ml red wine (optional)
- tomato purée (paste)
- 1 x 400ml tin coconut milk

DAIRY, MEAT & FROZEN

- 200g grated mozzarella
- 6-8 bone-in, skin-on chicken thighs
- 200g gouda or similar cheese
- 500g pork fillet tenderloin
- 1 block halloumi
- 300ml single cream
- 300g frozen sweet corn
- 500g mixed beef and pork (or use all beef)
- 50g parmesan cheese (or grana padano)

PRODUCE

- 1 head garlic
- fresh ginger
- herbs (1 bunch each) coriander, basil, parsley
- 300g baby spinach
- 1 pack pak choi
- 1 courgette (zucchini)
- 3 yellow onions
- 1 lime
- 1-2 small carrots
- 1 lemon