ALDI MEAL PLAN 5 Dinners with shopping list



Meal Plan 121- Prep Sheet







Peanut Butter Chicken

Vegetable Pasta Bake



Creamy Tomato Pasta



Easy Prawn Rice



Easy Crispy Chilli Chicken

Peanut Butter Chicken

Quick Tips

• You can use boneless skinless chicken breast or thigh for this recipe.

What to do with leftovers

• This chicken recipe makes great leftovers and even freezes well for up to 3 months.

Vegetable Pasta Bake

Quick Tips

 Use any seasonal vegetables in this recipe. Add in some broccoli, cauliflower or frozen peas for when you're in a pinch and the fridge is almost empty!

What to do with leftovers

Easy Prawn Rice

Quick Tips

• This recipe is best enjoyed fresh.

What to do with leftovers

• Not suitable for freezing.

Easy Crispy Chilli Chicken

Quick Tips

• This recipe also uses chicken breast but you can easily use chicken thighs. Buy a large value pack and make the peanut butter chicken as well.

What to do with leftovers

• Keep in the fridge for up to 3 days. This recipe can be frozen but the texture of the pasta changes slightly.

Creamy Tomato Pasta

Quick Tips

• You can use fresh cherry tomatoes instead of tinned for this recipe.

What to do with leftovers

• This recipe will keep well in the fridge for up to 3 days. Not suitable for freezing.

- Store the leftovers in an airtight container in the fridge for up to 3 days.
- Reheat on the hob to keep the chicken as crispy as possible.

Meal Plan 121- Shopping List



Peanut Butter Chicken	Vegetable Pasta Bake	Prawn Rice
 nutural peanut butter 500g boneless skinless chicken breast fresh garlic hoisin sauce soy sauce sesame oil cornstarch sesame seeds (optional) green onions chopped peanuts (optional) 	300g rigatoni or other dried pasta red onion red pepper yellow pepper courgette (zucchini) baby spinach 1 x 400g tinned tomatoes cream (double or heavy) shredded mozzarella tomato puree dried oregano	Prawn Rice fresh garlic cloves 1 brown onion 1 brown oppper 1 yellow pepper 1 red pepper 8 vine ripened tomatoes 200g frozen peas 275g frozen prawns paprika chilli powder basmati rice
Crispy Chilli Chicken 500g chicken breast corn starch soy sauce	 dried thyme strong cheddar Tomato Mascarpone Pasta 500g spaghetti 1 brown onion 	vegetable stock cube

400g tin cherry tomatoes



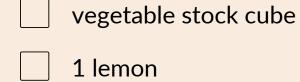
Srirach (or chilli) sauce



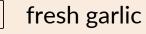


1 lime

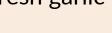
honey



mascarpone



fresh ginger





baby spinach

parmesan cheese











