

6 Recipe Aldi Budget Meal Plan

1

SKILLET CHICKEN IN TOMATO SAUCE

One-pan Italian chicken in tomato sauce is a dinner savior. Tender golden chicken in a rich creamy tomato sauce baked under a blanket of bubbling golden cheese.

3

QUICK AND EASY STEAK FAJITAS

Marinated sirloin steak seared to perfection with peppers, onions and all the avocado and lime! It's a quick skillet dinner that the whole family will love. Easy prep, big, bold flavours and all served in the pan for easy washing up afterwards.

5

HONEY GARLIC SALMON TRAY BAKE

This oven-baked salmon is a healthy 30- minute dinner. Tender boneless salmon, crispy roast potatoes and roasted asparagus all get baked on a tray and then drizzled with a super-easy honey garlic butter sauce. If you have leftovers, add them to some Asian noodles or fried rice for a great lunch.

STICKY ASIAN PORK MEATBALLS

2

These Asian pork meatballs are a weeknight saviour. They're made with lean meat so we're keeping it healthy, but that sticky Asian sauce is drinkable! Baked or fried the choice is yours. Either way, they'll be on repeat all winter long

HALLOUMI PASTA IN RICH TOMATO SAUCE

4

The most addictive golden pan-fried halloumi with silky pasta noodles all in a rich Mediterranean-style tomato sauce with sun-dried tomatoes and chargrilled peppers. Tossed with aggressive amounts of basil and parsley and some lemon zest to give it all bright freshness.

CREAMY BAKED MUSHROOM PASTA

6

This creamy baked mushroom pasta is not for the faint-hearted. It's creamy, it's cheesy, rich and full of umami mushrooms and a very generous flavouring of truffle. And it only takes 30 minutes from start to finish.



Shopping List

STORE CUPBOARD

- 1 jar of sun-dried tomatoes
- 1 x 400g tin chopped tomatoes
- tomato purée
- pasta seasoning mix
- Italian herb mix
- vegetable stock cubes
- 1 pack cream crackers
- 1 pack hoisin sauce
- dark soy sauce
- demerara sugar
- cider vinegar
- basmati rice
- dry roasted peanuts
- 8-10 small flour tortillas
- Cajun spice mix
- 300g dried spaghetti
- 1 jar roasted bell peppers
- garlic and tomato seasoning
- honey
- 1 x 400g tin cherry tomatoes or use chopped
- 1 egg

DAIRY, MEAT & FROZEN

- 600g chicken breast
- 85g pack smoked pancetta
- 300ml double cream
- 250g shredded mozzarella
- 500g lean pork mince
- 225g sirloin steak
- 150g Greek yogurt
- 1 block halloumi
- 125g cheddar
- 500g boneless side of salmon
- 1 pack mushroom ravioli
- butter
- whole milk

PRODUCE

- 2 x yellow onion
- 1 head garlic
- herbs- rosemary, thyme, parsley, basil, coriander
- 2 x red peppers
- fresh ginger
- 1 yellow pepper
- 1 red onion
- 1 avocado
- 1 lime
- 1 lemon
- 500g mini potatoes
- 1 bunch asparagus
- 400g white mushrooms