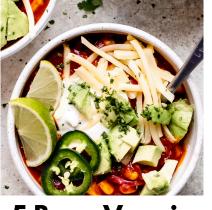
ALDI MEAL PLAN 5 Dinners with shopping list



Meal Plan 132- Prep Sheet









5 Bean Veggie Chilli



Slow Cooker Sausage Casserole



One Pot Curry Chicken Thighs



Creamy Mushroom Pasta

Easy Steak Pie

Quick Tips

- **Brown Beef First:** Searing the beef before stewing enhances flavour.
- **Chill Pastry:** Keep the puff pastry chilled before topping the pie for better texture.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 2 months.
- **Reheat:** Oven reheat is preferable to retain pastry crispness.

5 Bean Veggie Chilli

Quick Tips

- **Bean Variety:** Mix beans like black, kidney, pinto, navy, and garbanzo for various textures and flavours.
- **Spice It Up:** Adjust chilli powder or add a diced jalapeño for extra heat according to preference.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 2 months.
- Reheat: Microwave or stove-top.

Slow Cooker Sausage Casserole

Quick Tips

• **Uniform Veggie Cut:** Ensure bell peppers and mushrooms are cut uniformly for even cooking.

What to do with leftovers

- **Storage:** Fridge for 3-4 days or freezer for up to 3 months.
- Reheat: Microwave or stove-top.
- Repurpose Leftovers:
 - **Stuffed Peppers:** Fill hollowed bell peppers with leftover casserole and bake.
 - Toss leftovers with cooked pasta and serve or bake with a cheese topping.

One Pot Curry Chicken Thighs

Quick Tips

• Adjust Heat: Add some spice with some chilli powder for a minced chilli pepper.

Veggie Addition: Add in vegetables like frozen carrots, peas or corn for the last 20-30 minutes of cooking.

What to do with leftovers

- Repurpose Leftovers:
 - **Chili Stuffed Peppers:** Fill hollowed bell peppers with chilli, top with cheese, and bake.
 - **Chili Spaghetti:** Serve warmed chilli over cooked spaghetti and garnish with shredded cheese.

Creamy Mushroom Pasta

What to do with leftovers

- **Storage:** Fridge for up to 3 days. Cream-based sauces may separate upon freezing.
- **Reheat:** Stove-top on low heat, adding a splash of milk to help re-emulsify the sauce.
- Repurpose Leftovers:
 - **Mushroom Alfredo Bake:** Mix with some cooked chicken, top with cheese, and bake.

- **Storage:** Fridge for 3-4 days or freezer for up to 2 months.
- **Reheat:** Microwave or stove-top.
- Repurpose Leftovers:
 - Curry Chicken Wraps: Fill tortillas with leftover curry chicken, add fresh veggies, and roll up.
 - Chicken Salad: Shred leftover chicken, mix with mayo, curry powder, and your choice of add-ins like grapes or nuts.

Meal Plan 132- Shopping List



Easy Steak Pie	Slow Cooker Sausage Casserole	Cream	ny Mushroom Pasta
700g stewing beef	8-10 pork sausages		500g dried pasta
mustard powder	1 red onion		250g brown mushrooms
plain flour	fresh garlic		fresh thyme
1 large brown onion	2 red bell peppers		fresh garlic
1 bunch celery	120g brown mushrooms		1 shallot
2 large carrots	mixed dried herbs		300ml heavy cream
beef stock cube	🗌 tomato purée		25g parmesan
🗌 tomato purèe	1 x 400g tin chopped tomatoes		
Worcestershire sauce	Worcestershire sauce		1 bunch parsley
fresh thyme	beef stock cube		1 lemon
500g pack puff pastry	1 x 400g cannellini beans (optic	onal)	
1 large egg			
5 Bean Veggie Chilli	One Pot Curry Chicken Thighs		
1 red onion			
fresh garlic	1kg chicken thighs (bone in skin o	on)	
2 bell peppers (red/yellow)	1 brown onion		
1 x 400g tin mixed beans in tomatp sauce	cloves garlic		
chargrilled peppers in oil	fresh ginger		

- 340g sweet corn (tin/frozen) 1 x 400g tin chopped tomatoes
 - 1x 400g chopped tomatoes 1 x 400ml coconut milk
- \Box soy sauce
- ____ 2 limes
- ground cumin
- paprika
- chilli powder



cinnamon



curry powder (mild or medium)
chilli powder

honey

