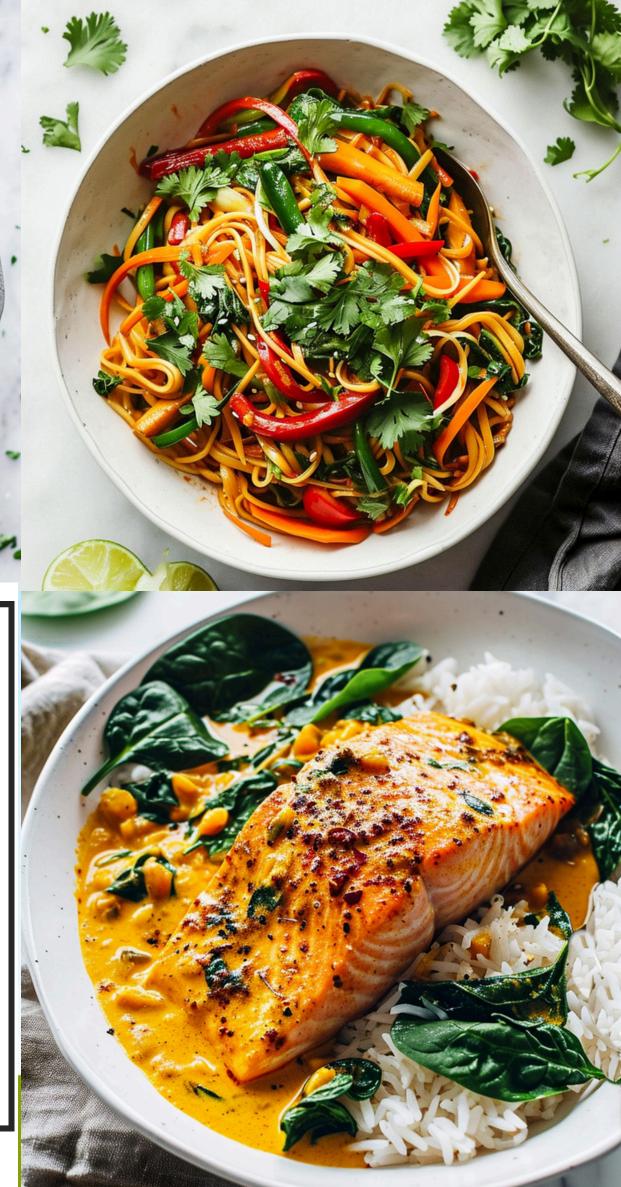
ALDI MEALPLAN 5 Dinners for £25 with shopping list







£25 Meal Plan Week 1- Prep Sheet













Slow Cooker **Chicken Korma**

Noodles

15 Minute Veggie Creamy Coconut Spinach & Salmon Curry Artichoke Gnocchi

Creamy Kale Pasta

Slow Cooker Chicken Korma

- Storage: Refrigerate in an airtight container for up to 3 days.
- **Reheat:** Gently reheat in a saucepan over medium heat, adding a bit of water if necessary.
- Reinvent Leftovers: Use leftover chicken korma as a filling for wraps or as a topping for a savory rice bowl.

15 Minute Veggie Noodles

- Storage: Store in the refrigerator in an airtight container for 2-3 days.
- **Reheat:** Reheat in a pan over medium heat, adding a splash of water to loosen noodles.
- **Reinvent Leftovers:** Add to a soup for a hearty noodle bowl or use as a

Spinach & Artichoke Gnocchi

- Storage: Can be refrigerated for up to 3 days in a sealed container.
- **Reheat:** Warm in the oven covered with foil to retain moisture.
- Reinvent Leftovers: Turn into a frittata by adding eggs and baking until set.

Creamy Kale Pasta

- **Storage:** Refrigerate for up to 3 days in an airtight container.
- **Reheat:** Reheat in a pan, adding a little milk or water to thin out the sauce if needed.
- **Reinvent Leftovers:** Use as a base for

filling in lettuce wraps.

a baked pasta dish, adding additional vegetables and topping with cheese.

Creamy Coconut Salmon Curry

- **Storage:** Keep in the fridge for up to 2 days in an airtight container.
- **Reheat:** Warm in a pan over low heat to avoid drying out the salmon.
- **Reinvent Leftovers:** Flake the salmon and mix into a salad, or use the sauce as a base for a quick fish chowder.

£25 Meal Plan Week 1- Shopping List



Slow Cooker Chicken Korma	<u>Coconut Salmon Curry</u>	Eas	<u>sy Kale Pasta</u>
1kg boneless skinless chicken	500g salmon fillets		100g kale
thighs	demerara sugar		350g dried pasta
1 medium brown onion	curry powder		fresh garlic
2-4 cloves garlic	ground ginger		300ml single cream
fresh ginger	garlic powder		parmesan
Greek yogurt	fresh garlic		fresh basil
garam masala	fresh ginger		walnuts or pine nuts
smoked paprika	Thai red curry paste		(optional)
cumin	400ml coconut milk		
ground coriander	soy sauce		
medium curry powder	1 lime		
 turmeric chilli flakes 	fresh spinach		
	fresh basil		
400ml coconut milk	fresh coriander		
📄 tomato purée			
<u> 15 Minute Vegetable Stir</u> <u>Fry Noodles</u>	Spinach and Artichoke Gnocchi		

200g egg noodles

500g gnoco	hi
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600g bag stir fry veggies

] 1 red chilli pepper

fresh ginger

fresh garlic

light soy sauce

____ dark soy sauce

200g red lentils

_ 1 lime

120g oyster sauce

dry roasted peanuts

fresh coriander

1 brown onion

 \bot fresh garlic

dried oregano

 \Box dried basil



white wine (optional)

250ml single cream

125g baby spinach

280g jar artichoke hearts

basil pesto

ightarrow gouda cheese