



FINE-ISH DINING
EASE INTO
AUTUMN

MONDAY



PAN-SEARED TASMANIAN SALMON AND CORN FRITTERS | serves 4

Ingredients

6 x 125g cans New Season Australian grown corn kernels

460g The Fishmonger Fresh Tasmanian salmon fillets

120g The Fresh Salad Co salad mix

1 tbsp Casa Barelli balsamic vinegar

1 Australian lemon

Pantry items

Olive oil

¾ cup plain flour

⅓ cup milk

Salt and black pepper

4 eggs

1. Rinse and drain corn. Grate 1 teaspoon zest from the lemon and cut into 6 wedges. Break eggs into a large mixing bowl and add milk. Lightly beat using a fork. Add flour and corn and season with salt and black pepper. Gently stir to mix together.
2. Heat a large frying pan and add a drizzle of oil. Drop ¼ cups of mixture into the pan to make fritters. Cook for 2-3 minutes each side. Cook mixture in 4 batches, adding oil when necessary. Mixture makes 12 fritters. Keep warm while you cook the salmon.
3. Carefully cut skin from salmon and reserve. Season skin and salmon with salt and pepper. Rub lemon zest over salmon pieces.
4. Heat the frying pan over medium heat and add a drizzle of oil. Add salmon skin and salmon to pan. Cook skin for 2-3 minutes or until crispy. Cook salmon for 1 minute each side or until cooked to your liking. Squeeze over the juice of 2 lemon wedges in last minute of cooking.
5. Toss salad with oil and balsamic vinegar. Serve with fritters, salmon, salmon skin and lemon wedges.



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FINE-ISH DINING EASE INTO AUTUMN

TUESDAY

ROAST CHICKEN, CRISPY SESAME POTATOES AND VEGETABLES | serves 4

Ingredients

1 Brannans Butchery boneless butterflied chicken (save 1/3 for Thursday's recipe)

1kg Australian washed white potatoes

400g Market Fare green beans

2 Australian carrots

Pantry items

Olive oil

2 brown onions

2 tbsp sesame seeds

Salt and pepper

1. Preheat oven to 220°C and line 2 baking trays with baking paper. Place chicken on baking tray and cook for 30-35 minutes or until cooked and golden (cooking time is based on a 1kg chicken). Remove from oven, cover and leave to rest for 15 minutes before slicing. Save 1/3 of the chicken for Thursday's recipe.
2. While chicken is cooking, chop the potatoes into 1cm cubes and place on baking tray. Thinly slice the onions and toss with potato. Drizzle with oil, sprinkle with sesame seeds and season with salt and pepper. Bake for 40 minutes or until golden and crisp.
3. Slice carrots. Cook them and the beans in lightly salted boiling water for 3 minutes or until just tender and cooked. Drain and serve with slices of chicken and potatoes.

TIP: Serve with fresh rosemary from your garden.



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FINE-ISH DINING
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WEDNESDAY



PASTA AMATRICIANA | Serves 4

Ingredients

200g Berg streaky bacon
400g Remano pasta spirals
2 x 400g cans Remano Italian
diced tomatoes basil & oregano
120g The Fresh Salad Co salad mix
1 tsp Casa Barelli balsamic vinegar

Pantry items

Olive oil
1 brown onion
2 cloves of garlic
1 tsp sugar
1 tsp dried chilli flakes
20g butter

1. Chop onion and bacon. Crush the garlic.
2. Cook the pasta in a large saucepan of salted boiling water until tender. Drain and return to saucepan.
3. While the pasta is cooking, heat a medium frying pan over medium heat. Add a drizzle of oil and the bacon and cook for 5-6 minutes or until crisp and golden. Remove from pan. Add onion and cook for 5 minutes or until soft and golden. Add garlic and cook for 1 minute. Add tomatoes, chilli flakes, sugar and butter and cook for 2-3 minutes.
4. Reserve a little bacon for garnish. Fold through bacon and cooked pasta and heat through. Sprinkle with reserved bacon. Serve with salad mix tossed with olive oil and balsamic vinegar.

TIP: Scatter with home-grown basil leaves.



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FINE-ISH DINING
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THURSDAY



CHICKEN NASI GORENG | Serves 4

Ingredients

250g The Fresh Salad Co coleslaw
Remaining 1/3 sliced chicken from Tuesday
300g Market Fare green beans
1 Australian truss tomato
2 tbsp Asia Specialities sweet soy sauce

Pantry items

White wine vinegar
1 1/2 cups white rice
Olive oil
1 brown onion
2 cloves of garlic
Salt – optional
Soy Sauce
4 Eggs

1. Cook rice in rice cooker or lightly salted water until tender.
2. Finely slice the onion and crush garlic. Chop reserved cooked chicken into small pieces. Halve and thinly slice the tomato.
3. Heat a frying pan over medium heat. Add a drizzle of olive oil and add the onion. Cook for 5 minutes or until golden and cooked. Add garlic and cook for 1 minute. Add beans and chicken and heat through while stirring. Add rice and 2 tablespoons sweet soy sauce and stir fry for 2-3 minutes or until heated through.
4. In another frying pan, heat olive oil and fry the eggs until cooked to your liking.
5. Serve nasi goreng in a bowl, topped with the fried eggs and sliced tomato. Accompany with coleslaw tossed with oil and vinegar.

TIP: Serve with fresh coriander.



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FINE-ISH DINING
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FRIDAY



COTTAGE PIE | Serves 4

Ingredients

- 500g 3 star Jindurra Station beef mince
- 1 cup Oh So Natural red lentils
- 250g Market Fare spinach
- 1kg Australian washed white potatoes
- 200g Market Fare green beans
- 1 Australian carrot

Pantry items

- Olive oil
- 1 brown onion
- 1 tsp beef stock powder
- ¼ cup tomato paste
- 2 tsp dried oregano
- 40g butter
- ½ cup milk

1. Rinse 1 cup (128g) of lentils under cold water. Then cook in simmering water for 25–30 minutes until tender. Drain and set aside for later.
2. Finely chop onion and carrot. Heat a drizzle of oil in a large frying pan over medium heat. Add onion and carrot and cook for 5 minutes or until soft and golden. Push mixture to the side of the pan and add mince. Cook, breaking up lumps, for 5 minutes or until browned.
3. Add lentils, stock powder, ¼ cup water, tomato paste and simmer for 10 minutes. Squeeze excess moisture from spinach and stir into beef mixture along with the oregano. Spoon into a baking dish.
4. Meanwhile, cut potatoes into 3cm pieces and cook in lightly salted, boiling water for 15 minutes until tender. Add butter and milk and mash with a fork or potato masher until smooth. Sprinkle with cheese (optional, see tip).
5. Heat grill. Spoon mashed potato onto beef mixture and grill until golden.
6. Serve with steamed green beans.

TIP: Sprinkle mash with grated cheese before grilling.



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Print and take into your local ALDI to make your shop easier. Check your pantry for the staple items before shopping. Ingredient items could also be sold loose, pre-packed or vary in weight.

SHOPPING LIST

- 1 x 460g pack The Fishmonger Fresh Tasmanian salmon fillets
- 1 x Brannans Butchery boneless butterflied chicken
- 1 x 500g pack 3 star Jindurra Station beef mince
- 1 x 200g pack Berg streaky bacon
- 2 x 120g pack The Fresh Salad Co salad mix
- 1 x 250g pack The Fresh Salad Co coleslaw
- 1 x 1kg pack Australian carrots
- 1 x Australian truss tomato
- 1 x Australian lemon
- 1 x 2kg pack of Australian washed white potatoes
- 1 x 250g pack Market Fare spinach
- 1 x 1kg pack Market Fare green beans
- 1 x 500g pack Remano pasta spirals
- 1 x 365g bottle Asia Specialities sweet soy sauce
- 1 x 250ml bottle Casa Barelli balsamic vinegar
- 2 x 4 pack 125g cans New Season Australian grown corn kernels
- 1 x 500g pack Oh So Natural red lentils
- 2 x 400g cans Remano Italian diced tomatoes basil & oregano

Pantry items

- Olive oil
- Salt and pepper
- White wine vinegar
- Dried chilli flakes
- Butter
- Garlic cloves
- Beef stock powder
- Plain flour
- Milk
- Brown onions
- Eggs
- Dried oregano
- Sugar
- Sesame seeds
- Soy sauce
- Tomato paste
- Rice