



**FINE-ISH DINING**  
**HEARTY AND**  
**HEALTHY**

**MONDAY**

# ROAST CHICKEN WITH CAULIFLOWER AND SPINACH | Serves 4

## Ingredients

Broad Oak Farms whole chicken  
¾ Australian cauliflower  
60g Emporium Selection Grana Padano  
150g Berg rindless middle bacon  
450g New Season sliced beetroot  
1 Australian orange  
500g Seasons Pride potato jewels  
120g The Fresh Salad Co baby spinach

## Pantry items

40g butter  
Olive oil  
Salt and pepper  
1 tbsp white wine vinegar  
Fresh rosemary (optional)

1. Preheat oven to 200°C (or 180°C fan-forced). Line 2 baking trays with baking paper. Cut the chicken into 10 pieces. Cut the cauliflower into florets. Finely grate the Grana Padano. Chop the bacon into 1cm pieces. Drain the beetroot. Peel and halve the orange, then thinly slice. Melt the butter in a small saucepan for 1-2 minutes.
2. Place the chicken pieces in a large mixing bowl and drizzle with a tablespoon each of olive oil and melted butter. Season with salt and pepper. Place on a baking tray and cook for 20 minutes.
3. While the chicken is cooking, place the potato jewels on the other baking tray. Cook in oven, turning once, for 20 minutes or until golden and crisp.
4. Heat a small frying pan over medium heat. Add the bacon and cook for 3-4 minutes or until golden and crisp. Place on a plate lined with paper towel, cover and keep warm.
5. Place the cauliflower florets in a large mixing bowl. Drizzle with 2 tablespoons of olive oil and season with salt and pepper. Once the chicken has cooked for 20 minutes, add the cauliflower to the tray with the chicken. Return to the oven for 15 minutes or until the chicken and cauliflower are cooked. Scatter over the spinach leaves and bacon and cover with foil for 5 minutes for the spinach to wilt.
6. Arrange the beetroot and orange on a serving platter and drizzle with 1 tablespoon of olive oil and the vinegar. Season with salt and pepper. Serve with the chicken and cauliflower and potato jewels.

**Tip: Garnish with fresh rosemary.**



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**TUESDAY**

## **RIGATONI AND BEEF RAGU | Serves 4**

### **Ingredients**

150g Berg rindless middle bacon  
600g Jindurra Station gravy beef  
1 Australian brown onion  
2 cloves Australian garlic  
425g New Season whole  
champignon mushrooms  
50g Emporium Selection Grana  
Padano  
400g Remano Italian diced  
tomatoes  
400g Remano rigatoni  
120g The Fresh Salad Co salad mix

### **Pantry items**

Olive oil  
½ cup milk  
1 tsp dried mixed herbs  
2 tsp brown sugar  
Salt and pepper  
1-2 tbsp balsamic vinegar  
Fresh parsley leaves (optional)

1. Preheat oven to 180°C (or 160°C fan-forced). Chop the bacon into small cubes. Cut the gravy beef into 3cm pieces. Finely chop the onion and crush the garlic. Finely chop the champignon mushrooms. Finely grate the Grana Padano.
2. Heat a large saucepan over medium heat and add 1 tablespoon of olive oil. Add the onion and cook for 5 minutes or until softened. Add the garlic and cook for 1 minute or until fragrant. Meanwhile heat a medium non-stick frying pan over medium-high heat. Add the bacon and cook for 4-5 minutes until cooked and golden. Add to saucepan with the onion mixture. Brown the beef pieces in the frying pan in 2 batches until golden. Transfer to saucepan with the onion mixture.
3. Add the diced tomatoes, milk, mixed herbs and brown sugar to the saucepan and bring to the boil. Reduce the heat to low and simmer for 1½-2 hours or until the meat is very tender. Add the chopped champignon mushrooms and season with salt and black pepper.
4. Cook the rigatoni in a large saucepan of salted boiling water for 9-10 minutes or until tender. Drain and toss together with the beef ragu. Serve sprinkled with the grated cheese.
5. Toss the salad leaves with olive oil and balsamic vinegar and serve with the beef ragu.

**Tip: Garnish with fresh parsley leaves.**



**FINE-ISH DINING**  
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**WEDNESDAY**



## **SWEET CORN AND BACON SOUP WITH CHEESE DAMPER** | Serves 4

### **Ingredients**

500g The Good Stuff sweet corn  
¼ Australian cauliflower  
150g Berg rindless middle bacon  
70g Emporium Selection Grana Padano  
400g New Season creamed corn

### **Pantry items**

Salt  
1 tbsp white wine vinegar  
60g butter  
1½ cups self-raising flour  
1 tsp ground garlic  
½ cup milk  
4¼ cups water  
2 vegetable stock cubes  
Fresh chives (optional)

1. Cut corn from the cobs, reserve the cobs. Chop the cauliflower. Dice the bacon. Finely grate the Grana Padano. Reserve 2 tablespoons of corn kernels for garnish.
2. To make the corn stock, place the corn cobs in a large saucepan and cover with 4 cups water. Bring to the boil, reduce heat and simmer for 10 minutes.
3. Remove cobs and discard. Add the corn kernels reserved for garnish and cook for 1-2 minutes or until tender. Remove using a slotted spoon and reserve. Add the remaining corn kernels and cauliflower to the saucepan and bring to the boil. Reduce heat and simmer for 15-20 minutes or until tender. Add the creamed corn and heat for 2 minutes. Blend with a stick blender until smooth. Season to taste with salt and vinegar.
4. Meanwhile, heat a small non-stick frying pan over medium heat. Add the diced bacon and cook for 3-4 minutes or until crisp and golden. Set aside and keep warm.
5. To make the cheese and garlic damper, preheat oven to 180°C (or 160°C fan-forced) and line a baking tray with baking paper.
6. Chop the butter into cubes. Sift the flour into a large mixing bowl, add the butter cubes and rub into the flour with your hands to combine. Add the ground garlic and ¼ cup of grated Grana Padano cheese.
7. Make a well in the centre and add the milk and water and mix quickly to form a soft dough. Knead gently and form into a round loaf. Place on the baking tray, slice with a cross and sprinkle with 2 tablespoons of grated cheese. Bake for 25-30 minutes or until cooked.
8. Ladle the soup into warm bowls. Top with bacon and reserved corn. Serve with the damper and any remaining grated Grana Padano.

**Tip: Sprinkle chopped chives over the soup.**



**FINE-ISH DINING**  
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**THURSDAY**

## **CRISPY SKIN SALMON WITH BAKED LEEK AND SPINACH RISOTTO | Serves 4**

### **Ingredients**

1 Australian leek  
1 Australian brown onion  
3 cloves Australian garlic  
1 Australian lemon  
75g Emporium Selection Grana Padano  
250g Market Fare frozen spinach  
3 cups Imperial Grain arborio rice  
460g The Fishmonger Tasmanian skin-on salmon fillets

### **Pantry items**

Olive oil  
60g butter  
8 vegetable stock cubes  
8 cups boiling water  
Salt and pepper  
Fresh basil leaves (optional)

1. Preheat oven to 180°C (or 160°C fan-forced).
2. Slice the white part of the leek lengthways into sixths and finely chop. Finely chop onion. Crush garlic. Grate zest from lemon skin and cut lemon into 6 wedges. Finely grate the Grana Padano cheese. Defrost spinach, then drain and squeeze out any excess water.
3. Heat 2 tablespoons of olive oil and 30g of butter in a large flame and oven-proof casserole dish with a lid, or large saucepan. Add onion and leek and cook for 5 minutes over medium-low heat until softened. Add lemon zest and garlic and cook, stirring for 1 minute or until fragrant. Add rice and stir to coat. Crumble in stock cubes and add boiling water. Season with salt and pepper and bring to the boil. Cover with a tight-fitting lid and bake in oven for 35 minutes or until the rice is cooked.
4. Remove risotto from oven and squeeze in juice from 2 of the lemon wedges. Stir through the remaining butter and ½ cup of the grated cheese. Season with pepper.
5. Remove half the risotto at this stage and reserve for Friday's recipe.
6. Warm spinach in a small saucepan over low heat for 2-3 minutes. Fold the warm spinach into the remaining risotto. Add a little boiling water if necessary, to keep the risotto moist.
7. Heat a large non-stick frying pan over medium-high heat. Sprinkle the salmon with salt and cook skin side down for 3 minutes or until skin is crispy. Cook for another minute on each side or until cooked to your liking.
8. Serve the risotto in warm shallow dishes, topped with the salmon and lemon wedges. Serve with remaining cheese in a bowl for people to help themselves.

**Tip: Garnish with fresh basil leaves.**



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**FRIDAY**

# LEEK RISOTTO CAKES WITH ROAST PUMPKIN AND AIOLI | Serves 4

## Ingredients

Risotto from Thursday's recipe

1kg Australian Kent pumpkin

2 Lodge Farm extra-large free range eggs

2 cups White Mill panko breadcrumbs

1/3 cup Colway creamy aioli

120g The Fresh Salad Co salad mix

## Pantry items

Olive oil

1 tbsp balsamic vinegar

2 tsp Dijon mustard

Salt and pepper

Fresh chives (optional)

Lemon wedges, to serve (optional)

1. Preheat oven to 200°C (or 180°C fan-forced). Line a baking tray with baking paper.
2. Peel and de-seed the pumpkin and cut into 1cm cubes. Combine 2 tablespoons of olive oil, vinegar, mustard, salt and black pepper in a small bowl, reserve.
3. Place the pumpkin on baking tray and drizzle with 2 tablespoons of olive oil. Season with salt and black pepper. Bake in oven for 25-30 minutes or until crisp and golden.
4. Meanwhile, break the eggs into a shallow bowl, season with salt and pepper and lightly beat with a fork. Place the breadcrumbs in another shallow bowl.
5. Divide the risotto mixture into 16 portions and with damp hands form into 'cakes'. Dip each cake into the egg mixture and then into the breadcrumbs. Place on the baking tray.
6. Heat a large non-stick frying pan over medium heat. Add olive oil and pan-fry the risotto cakes in batches for 2 minutes on each side or until golden and heated through. Place on warm serving plates and serve with the roasted pumpkin. Drizzle over the aioli.
7. Toss the salad mix with the dressing and serve with the risotto cakes.

**Tip: Sprinkle with chopped chives and serve with lemon wedges.**



# FINE-ISH DINING HEARTY AND HEALTHY

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

- |   |  |
|---|--|
| <input type="checkbox"/> 1 x Broad Oak Farms whole chicken                            | <input type="checkbox"/> Butter                  |
| <input type="checkbox"/> 1 x 500g Berg rindless middle bacon                          | <input type="checkbox"/> Brown sugar             |
| <input type="checkbox"/> 1 x 600g Jindurra Station gravy beef                         | <input type="checkbox"/> Self-raising flour      |
| <input type="checkbox"/> 1 x 4pk/460g The Fishmonger Tasmanian skin-on salmon fillets | <input type="checkbox"/> Olive oil               |
| <input type="checkbox"/> 1 x 250g pack Emporium Selection Grana Padano                | <input type="checkbox"/> Milk                    |
| <input type="checkbox"/> 1 x 12 pack Lodge Farm extra-large free range eggs           | <input type="checkbox"/> White wine vinegar      |
| <input type="checkbox"/> 1 x 1kg pack Seasons Pride potato jewels                     | <input type="checkbox"/> Balsamic vinegar        |
| <input type="checkbox"/> 1 x 500g pack Remano rigatoni                                | <input type="checkbox"/> Ground garlic           |
| <input type="checkbox"/> 1 x 1kg pack Imperial Grain arborio rice                     | <input type="checkbox"/> Dried mixed herbs       |
| <input type="checkbox"/> 1 x 500g pack White Mill panko breadcrumbs                   | <input type="checkbox"/> Dijon mustard           |
| <input type="checkbox"/> 1 x 260g jar Colway creamy aioli                             | <input type="checkbox"/> Vegetable stock cubes   |
| <input type="checkbox"/> 1 x 250g can New Season sliced beetroot                      | <input type="checkbox"/> Lemon wedges (optional) |
| <input type="checkbox"/> 1 x 425g can New Season whole champignon mushrooms           | <input type="checkbox"/> Fresh herbs (optional)  |
| <input type="checkbox"/> 1 x 420g can New Season creamed corn                         | <input type="checkbox"/> Salt and pepper         |
| <input type="checkbox"/> 1 x 400g can Remano Italian diced tomatoes                   |  |
| <input type="checkbox"/> 1 x 250g pack Market Fare frozen spinach                     |  |
| <input type="checkbox"/> 2 x 120g pack The Fresh Salad Co salad mix                   |  |
| <input type="checkbox"/> 1 x 120g pack The Fresh Salad Co baby spinach                |  |
| <input type="checkbox"/> 1 x 500g pack The Good Stuff sweet corn                      |  |
| <input type="checkbox"/> 1 x small Australian Kent pumpkin                            |  |
| <input type="checkbox"/> 1 x Australian cauliflower                                   |  |
| <input type="checkbox"/> 1 x Australian navel orange                                  |  |
| <input type="checkbox"/> 2 x Australian brown onions                                  |  |
| <input type="checkbox"/> 1 x bulb Australian garlic                                   |  |
| <input type="checkbox"/> 1 x Australian leek  |  |
| <input type="checkbox"/> 1 x Australian lemon   |  |