

## Recipes and ways to make your food go further.

Don't forget to check out our Facebook page here.

### Spotlight on...Walking With

Walking With is a charity based in Wallsend which has been supporting asylum seekers and refugees for 23 years. It provides a safe environment, education and resources to its service users. North Tyneside Council offers support to Walking With through the Community Food Support Grant which enables the charity to provide fresh fruit, vegetables and non-perishable items to asylum seekers.

Walking With has recently been successful with an application for funding from the National Lottery. To celebrate there is a drop-in event taking place on Friday 22 March, 11am-3pm, where there is an opportunity to find out more about the work Walking With does in an informal setting. All are welcome.



### Recipe of the month... Healthy chicken burritos

#### Ingredients:

- 2 tsp rapeseed oil
- 1 large red pepper (halved lengthways, deseeded and cut into thick strips)
- 1 tsp cumin seeds
- 2-3 tsp mild chilli powder (to taste)
- 400g can black beans
- 198g can sweetcorn, drained
- 1 tbsp tomato purée
- 1 large garlic clove, finely grated
- 220g pouch cooked wholegrain rice (or leftover cooked brown rice)
- 300g cooked chicken, sliced or shredded (or a combination of leg and breast meat left over from a roast)
- 15g coriander, chopped
- 2 small avocados, stoned and quartered
- 1 lime, juiced
- 4 large wholemeal tortilla wraps



## Method:

- Heat the oil in a large non-stick frying pan and cook the pepper, covered, for 10 mins over a low heat until softened and lightly charred
- Meanwhile, in a dry frying pan, toast the spices gently over a low heat for 2-3 mins until fragrant, then tip in the beans, along with their liquid, the sweetcorn, tomato purée and garlic
- Mix well and turn the heat up to medium so the mixture bubbles, then stir in the rice, chicken and coriander - cook for 3-4 mins until piping hot (this mixture will keep chilled for up to a day - leave to cool completely first - reheat in a pan or the microwave until piping hot)
- Toss the avocado in a bowl with the lime juice
- Lay the tortillas out on a work surface and pile the rice down the centre leaving a space at either side, top with the peppers and avocado, then fold up the tortillas at each end to enclose the filling and tightly roll up the wrap
- Put the wrap in the pan that you cooked the peppers in (seam-side down), and cook gently on each side over a low heat to lightly toast - you may need to do this in batches

## Recipe from BBC Good Food

**Supermarket savers...**

**This week's Aldi's Super 6 offers are:**

- Swede (600g) - 39p
- Seedless grapes (500g) - £1.29
- Easy peelers (600g) - 99p
- Limes (5 pack) - 59p
- Baby corn (145g) - 59p
- Mini apples (6 pack) - 59p

**Lidl's pick of the week (22–28 February):**

- Cherries (200g) - £1.49
- Mixed peppers (1kg) - £1.89
- Chantenay carrots (500g) - 49p
- Roma tomatoes (500g) - £1.19

**ASDA**

- Apple slices (80g) - 50p or 3 for £1.20
- Chestnut mushrooms (250g) - 69p
- Sprouts (500g) - 69p



## Top tips..

### Warm Welcome scheme

Over 40 venues in North Tyneside are part of this year's Warm Welcome scheme which is still available.

The scheme sees Customer First Centres and libraries, Family Hubs, and community and voluntary sector organisations extending their support to residents by offering a comfortable space to relax. Additional free activities and hot drinks are offered too. Please note, this is not means-tested and is available for all residents.

A full list of venues in North Tyneside is available [here](#).

