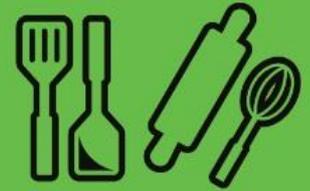


# Food North Tyneside



Recipes and ways to make your money go further.

## You said, we did

You told us that we should set up a Facebook page so that you can more easily share the information. As a result of that feedback, we've set up a new Food North Tyneside Facebook page which you can find [here](#).

If you would like to make an suggestions on things we could do better please fill in our short survey [here](#) to tell us what you think, or email us at [food@northtyneside.gov.uk](mailto:food@northtyneside.gov.uk)

## Spotlight on... YMCA North Tyneside

YMCA's new Winter Community Meals are running on Wednesdays from 4 – 5:30pm from January the 11<sup>th</sup>.

Come along for a free hot meal, good company and laughs. This is open to individuals and families, the aim is to provide a space for people to come together, connect and reduce the burden of providing food, heating a home or just struggling with being on their own.

For more information call 0191 257 5434 or email [community@ymcanorthtyneside.org](mailto:community@ymcanorthtyneside.org)



In addition to the Winter Community Meals, YMCA have a Warm Welcome open on a Saturday which includes light refreshments and soup. To find out more information about everything else YMCA are delivering this winter to help with loneliness and the cost of living, click [here](#)

## Recipe of the month

Did you know that January is national slow cooker month? Why not try this slow cooker chicken curry.

### Ingredients:

- 1 large onion (diced)
- 2 chicken breasts (diced)
- 3 tablespoons mild curry paste
- 400g tin of chopped tomatoes
- 1 vegetable stock cube
- 1 tablespoon ginger (finely chopped)
- 1 yellow pepper (deseeded and chopped)
- Cooked brown or white rice to serve
- Optional: 30g fresh coriander leaves (chopped)

### Method:

- Put the onion, curry paste, chopped tomatoes, stock cube, ginger, and yellow pepper into the slow cooker with a third of a tin of water and stir well
- Add the chicken to the slow cooker and push it under all of the ingredients so that it's completely covered
- Put the lid on and chill in the fridge overnight (this allows the chicken to absorb the flavours)
- The next day, cook on low for 6 hours until the chicken and vegetables are tender
- Stir in the chopped coriander leaves (if using) just before serving
- Serve with brown or white rice

You can find more slow cooker recipes like this one in our slow cooker recipe book, available [here](#).



### Supermarket savers

Here is a list of the ingredients for the recipe above including which supermarket has the cheapest deal for you to pick up....

Asda have all the ingredients in store for a total of £ 8.43

- 85g ginger- £0.50
- yellow pepper - £0.50
- jar of korma curry paste - £1.90
- fresh chicken breast -£3.00
- zesty coriander - £0.55
- tinned chopped tomatoes -£0.65
- onions -£0.85
- long grain rice - £0.48

You can also pick all the ingredients up from Aldi apart from curry paste for a total of £6.44

- Pack of 3 peppers - £1.39
- 300g Chicken breast fillets- £2.25
- Tinned chopped tomatoes -£0.32
- 1kg essential long grain rice - £0.48
- Large onion - £0.79
- 125g ginger-£0.69
- 30g coriander- £0.52



Morrisons currently have an Easy Peasy Freezer deal where they have 3 for £3 offer on selected freezer foods. Some of the foods included in this offer are:

- Frozen pack of 8 Richmond sausages
- 12 aunt Bessie's bake at home frozen Yorkshire puddings
- Pack of Birdseye garden peas
- Frozen Quorn bites

You can find out more buy visiting the Morrisons website.

Our supermarket of the month is **Aldi** as they have been awarded Britain's cheapest and favourite in store supermarket of 2022 by Which.

## Top tips

### Slow cooking

January is national slow cooker month; the perfect time to pick up a slow cooker in the sales and give it a go. Some of the benefits include:

- There are lots of recipes, both sweet and savoury, that can be made in a slow cooker.
- It's a great way of cooking cheaper cuts of meat as it helps tenderise them.
- Slow cooking is energy efficient. On average, a slow cooker draws about the same amount of energy as a standard electric bulb.

Our top tips for great slow cooker meals:

- If you're looking to save time, try soups or stews, you can often just throw the ingredients straight in.
- Reduce the amount of liquid you use; it should just cover the meat and vegetables.
- Slow cookers usually come with a few different settings. Use the 'low' setting as much as possible, this means you can go out for most of the day and just leave it alone.
- You don't need to check the meal or take the lid off; slow cookers can be left to do their thing.
- Choose the right size of slow cooker. A 1.5 – 2.3 litre capacity is great for two people, a larger 4 to 4.5 litre will feed four and a 5.5 – 7 litre is ideal for four to six people.



You can pick up a slow cooker from somewhere like Curry's, Argos, or Asda. This [George Home 3L Slow Cooker](#) from ASDA is currently reduced from £16 to £13.

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