

# Food North Tyneside



Recipes and ways to make your money go further.

## You said, we did

After looking through the feedback comments we have received we can now tell you we are in the process of setting up a Food North Tyneside Facebook page. 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... Dreamshine

Pop into our Well Bee-ing Hub & Cafe to stay warm this winter. Join one of our many groups (knit and natter, our men's group, Ladies group, Parent and Toddler, The Golden Bees or Happy to Chat). Our team is also available should you need additional help and support.



We offer a Membership Scheme (Pay £10 and get £20 to spend in the café, and access to members only events). Free food/toiletries for anyone in need. We are also a Warm Welcome Hub.

You will find us on Park Road, Wallsend. From 7<sup>th</sup> November we will be open Monday to Saturday 9 am until 5pm

Anyone can drop in at any time or find out more by calling 0191 2954935 or visiting the website [www.dreamshine.co.uk](http://www.dreamshine.co.uk)

## Recipe of the month

This month is world vegan month so following on with this trend we have chosen a vegan family favourite recipe. Vegan shepherd's pie.

### Ingredients

- 500g potatoes
- ½ x 30g pack flat leaf parsley, finely chopped
- 3 tbsp olive oil
- 1 onion, finely chopped
- 1 x 625g family pack mushrooms (closed cup)
- 2 garlic cloves, finely chopped
- ¼ tsp crushed chillies



- 250g ready-to-eat puy lentils
- 400g tin chopped tomatoes
- 2 tbsp tomato purée

## Method

1. Cook the potatoes in a pan of boiling water for 12-15 mins or until tender. Drain and return to the pan. Season, then lightly crush with a potato masher or fork. Stir in half the parsley.
2. Heat 2 tbsp of the oil in a large, deep-frying pan over a medium heat. Add the onion and cook, stirring regularly, for 2-3 mins. Increase the heat to medium-high, add the mushrooms and fry for 7-8 mins, stirring occasionally, until softened.
3. Stir in the garlic, crushed chillies, lentils, chopped tomatoes, tomato purée and 250ml water. Simmer for 8-10 mins or until the sauce has thickened, then add the remaining parsley. Season. Preheat the grill to high.
4. Tip the lentil and mushroom mix into a baking dish, then spoon over the crushed potatoes. Drizzle with the remaining olive oil and grill for 8-10 mins until the potatoes are golden.

Recipe provided by [Tesco Real Food](#)

## Supermarket savers

You can get all the ingredients for Vegan Shepherds Pie at **Tesco** for £8.13. If you want to get a bigger pack of potatoes and olive oil for future recipes, try **ASDA**, where you can get everything for £9.58.

This week, you can find the following deals in the shops:

- Extra Virgin **Olive Oil** is reduced at ASDA and Morrisons. At ASDA, Filippo Berio is reduced from £4.50 to £3, and at Morrisons, Napolina is reduced from £3.75 to £3.
- Sun-Pat Smooth **Peanut Butter** is reduced from £3.50 to £3 at ASDA (and is also a good source of protein for a meat-free lunch).
- Garden Gourmet **Chicken Style Chargrilled Bites** reduced from £3 to £1.75 at ASDA.
- Tesco has plenty of **meat alternatives** on offer for Clubcard holders, including Vegan Crispy Chicken Tenders for £2, Linda McCartneys Meatballs for £2 and Quorn Vegan Crunchy Fillet Burgers for £1.50.
- Aldi's picks of the week from Thursday the 17<sup>th</sup> onwards include **oranges** for 99p, baby plum **tomatoes** for 69p and **blueberries** for 1.19.
- Sainsbury's has a few offers on **yogurt**, with Activia Strawberry Yogurts reduced from £2.30 to £1.50, Yeo Valley Mango, Pineapple and Passion Fruit Yogurt reduced from £2 to £1.25 and Muller Corners reduced from 80p to 40p



Our supermarkets of the month for November are **Sainsbury's** and **Morrisons**:

- **Sainsbury's** are reintroducing their £2 top up coupons to accompany the Healthy Start scheme every week over the next 6 months. Eligible customers will automatically receive a £2 printed coupon at Sainsbury's check out whenever they use a Healthy Start card. For info on how to apply for Healthy start and eligibility, click [here](#).
- If you 'Ask for Henry' at any **Morrisons** Café until 27<sup>th</sup> November, you can get a free jacket potato with Heinz beans.

## Top tips

### Going meat free

World vegan month is the perfect time to try going meat-free, which can have benefits for your health and the planet, as well as saving money.

Vegans don't eat any animal products, including honey, dairy and eggs. But having just one or two days per week without meat can be beneficial too. For example, a balanced vegetarian or vegan diet in the UK can be as much as a third cheaper than a meat diet. Even a flexitarian diet (limiting how often you eat animal products) can reduce household food bills by 14%.

Have a look at our supermarket savers section for some ideas for affordable protein alternatives!

### The Bread-and-Butter Thing

Another way to help the planet with your food shopping is by signing up to The Bread-and-Butter thing. For £7.50 you can get £35 worth of food each week including fresh fruit and veg, chilled food and cupboard staples. All the food would otherwise go to waste, it comes from supermarkets, factories and farms.

There is a brand-new hub at Saint Aidan's Church in North Shields which runs on Mondays at 2:30pm. To sign up, text 07860 063304 with your full name, postcode and the name of the hub you will be collecting from: St Aidan's.



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