

A Healthier Alternative

With so many young people eating chicken and chips or going to chain restaurants and takeaways, Headliners reporters decided to check out the local, unique and culturally diverse takeaways in Hackney.

At Morganics on Kingsland Road we ate Oven Baked Pasta with Feta Cheese and Parsley sided with salad and a vinegar dressing. We also had an Organic Banana Cake. This had actual banana pieces in it which made the cake even more scrumptious. We enjoyed the fact that the food was really healthy as well as tasty, this shows you don't have to go to chip shops to have nice tasting food. Morganics also sells organic crisps, freshly squeezed orange juice, soya milk and organic chocolate bars.

We then attended the Noodle Bar near Dalston Station where we enjoyed King Prawn Fried Rice and freshly squeezed apple and orange juice. This dish wasn't too fatty or oily and tasted delicious. The juice was very sweet and vigorous.

Next on the list was Asorock where we sat down to a plate of Jollof rice with Cow's Foot. With the dressing there was a hint of spice which made it taste different in a good way. It was a true culture food and it took us to Nigeria for one night.

Last but not least we went to Peppers and Spices on Balls Pond Road. We managed to squeeze Beef Patties into our over-brimming stomachs. The Patties in Peppers and Spices were first-class. The pastry was nice and crumbly, whilst the beef was seasoned to perfection. Each bite transported us to Jamaica.

We think the takeaways/restaurants we visited can steer young people away from the worn out chippies and introduce them to new cultures and enjoyable new foods. Especially as the meals we ate all cost under £5.00. Hopefully this will benefit the future health and well being of the borough's youth.



About this story

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