

Fool-Proof Tofu Scramble



Ingredients

- 1 block (400-450 grams) firm tofu
- 30 ml olive oil or vegan butter
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 2.5g ground turmeric
- 2.5g ground cumin
- 2.5g paprika
- 2.5g black salt
- Salt and pepper to taste
- Optional toppings: chopped green onions, diced tomatoes, avocado slices, nutritional yeast, hot sauce

Method

Prepare the Tofu:

- Drain the tofu and wrap it in a clean kitchen towel or paper towels. Press gently to remove excess moisture. You can also use a tofu press if you have one. Once drained, crumble the tofu into small pieces with your hands or a fork.

Sauté Vegetables:

- In a large skillet or frying pan, heat olive oil or vegan butter over medium heat. Add diced onion and bell pepper. Sauté until softened, about 5 minutes. Add minced garlic and cook for another minute.

Seasoning:

- Add the crumbled tofu to the skillet. Sprinkle black salt, turmeric, cumin, paprika, salt, and pepper over the tofu. Stir well to evenly coat the tofu with the spices. Cook for about 5-7 minutes, stirring occasionally, until the tofu is heated through, the water has evaporated, and the tofu is slightly golden.

Adjust Seasoning:

- Taste the tofu scramble and adjust the seasoning if needed. You can add more salt, pepper, or any other spices according to your preference.

Serve:

- Once the tofu scramble is cooked to your liking, remove it from the heat. Serve hot with your favourite toppings such as chopped green onions, diced tomatoes, avocado slices, nutritional yeast, or hot sauce.

Enjoy!

- Serve the tofu scramble as a filling for breakfast burritos, alongside toast or potatoes, or simply enjoy it on its own as a protein-packed breakfast or brunch option.



Tip:

For a smoother scramble, mix firm tofu with silken tofu and scramble together