

SCRAMBLED TOFU



Time: 5 minutes

Serves: 2

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This 3 ingredient scrambled tofu is ready in the time it takes to pop your toast!

A high protein, low saturated fat, tasty and filling breakfast.

Silken tofu is found in a carton in the world foods aisle of the supermarket in the oriental section. It is available at [Sainsburys](#), [Tesco](#), [Asda](#) and [Waitrose](#).

The secret ingredient that gives this an eggy flavour is black salt, also known as 'kala namak'. It is found in Indian shops, but it is also (of course) available on [Amazon](#) (click for link).

I enjoy it drizzled with salsa, but other favourites are brown sauce, ketchup or just by itself.





INGREDIENTS

Legumes & Lentils

300g Silken Tofu

Wholegrains

serve on wholegrain
bread

Fruit & Veg

2-3 Mushrooms (I prefer shitake),
chopped or diced

Spices

1/4 tsp Turmeric Powder

1/2 tsp Black salt (kala namak)

Oil

1 tblsp Olive oil

METHOD

1. Pour off any excess water from the silken tofu.
2. Heat olive oil in a wok until it glides around the wok like water.
3. (optional) Add the mushrooms until they are coated in oil. Fry for a minute until softened.
4. Add the carton of silken tofu to the wok and break up with a spatula into smaller pieces.
5. Add the turmeric and black salt.
6. Coat the tofu (& mushrooms) in the spices, heating it all through on a high heat for a couple of minutes until some of the water has evaporated, and the consistency is similar to scrambled eggs.

Serve on a slice of wholegrain bread topped with brown sauce, ketchup, salsa or whatever you enjoy.

