

SCRAMBLED TOFU BURRITO

Makes 4 serves, which can be stored in the fridge

Serving: 1 burrito

Calories: 414 **Carbohydrates:** 36 g **Protein:** 20g **Fat:** 18g **Fibre:** 13 g

INGREDIENTS

TOFU

- 1 pack of firm Tofu – 400 g
- 1 teaspoon olive oil
- 3 cloves garlic (crushed)
- 1/4 cup of chickpeas
- Squeeze of lemon
- Optional 1 teaspoon tahini
- 2 tsp of mingle taco seasoning
- 1 pinch of salt

VEGETABLES

- 1 capsicum (thinly sliced)
- 1/2 cup of mushrooms (thinly sliced)
- 1 tsp oil
- 1 pinch sea salt
- 1 tsp of mingle taco seasoning
- 2 cups chopped kale or sub spinach

To Serve

- 4 large low GI Tortillas or wraps
- 1 medium avocado (chopped or mashed)
- Coriander
- Cherry tomatoes

DIRECTIONS

1. Cut up or crumble Tofu into small pices
2. Mix capsicum and mushrooms with oil and spices, then bake or stir fry for 15 minutes. Add kale in the last 5 minutes of baking to wilt, tossing with the other vegetables to combine seasonings.
3. In the meantime, fry the garlic and tofu in oil sauté for 7-10 minutes, stirring frequently, to slightly brown.
4. While the tofu is cooking place the chickpeas, tahini, lemon juice and spices in the blender. Blend and then pour this mixture into the pan with the tofu. If the mixture is too thick add some water. Continue cooking over medium heat until slightly browned – ~3-5 minutes.
5. Assemble burritos: Roll out a large tortilla. Add generous portions of the cooked vegetables, scrambled tofu, avocado, coriander, and tomato.
6. Enjoy immediately for best results. Alternatively, you can package and refrigerate these up to 4 days (or the freezer for 1 month). Just microwave or heat in the oven before eating (be sure to remove foil if heating in microwave).

Notes

- You can sub the tofu with scrambled eggs (2 eggs + 1/2 cup of egg white), beans. For the beans simply warm cooked beans over medium-low heat and season with a pinch of salt, cumin, and chili powder.
- You can just have the scrambled Tofu with lettuce, avocado and tomato