

Scrambled Tofu

Easy and delicious high protein meal. Even tastes somewhat like eggs if you use black salt.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 10 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Tofu, raw (not silken), cooked, firm	1 block - 7" x 1 9/16" x 1 5/8"
Onion, white, yellow or red, cooked	1 small
Red bell peppers, cooked	0.5 medium - 2 1/2" diameter x 2 3/4"
Mushrooms, cooked from fresh	0.5 cup
Olive oil	1.5 teaspoon
Garlic, powder	1.5 teaspoon
Paprika	1 teaspoon
Turmeric, ground	0.5 teaspoon
Himalayan black salt	1 x 1 tsp
Black pepper, ground	0.5 teaspoon

Instructions

1. Drain tofu, wrap in paper towel or clean tea towel, place on a plate or pan and press with a heavy object such as a book for ~ 30 minutes.
2. On medium heat add oil to cast iron pan. Once oil is hot add fresh onion, pepper and mushroom. Sauté until soft, about 5 minutes.
3. Turn heat down to medium low and unwrap tofu. Crumple tofu into the pan with your hands. Stir.
4. Add spices and mix well. Cook for about 5 - 8 minutes over medium to low heat.

You can get creative and add other veggies such as spinach or kale. These should be added just after the tofu. Black salt is a rock salt with a sulphurous, pungent smell. It mimics the smell of eggs.