

Tofu Scramble

Delicious, healthy protein-rich alternative to scrambled eggs.

Ingredients

- 1 onion diced
- 1 zucchini chopped
- 2 tomatoes (or 10 cherry tomatoes) chopped
- 1 cup chopped mushrooms
- 1 red pepper/capsicum chopped
- 1 tablespoon vegan stock powder
- 1 tablespoon sweet chilli sauce
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon minced garlic
- 1 tablespoon soy sauce
- Salt and pepper to taste
- 500g/1 pound block firm tofu chopped and crumbled
- Half cup water

Method

1. Fry onion, stock and garlic in water for 5-10 minutes in pan
2. Add zucchini, capsicum, tomatoes and mushrooms, and cook for another 5 minutes
3. Add tofu and mix in thoroughly for another 10 minutes
4. Mix in sweet chilli sauce, soy sauce, turmeric and curry powder
5. Serve on wholegrain toast. Add a dash of salt and/or pepper to taste.

