



Tofu Scramble

Tofu is made from soybean curds. It is naturally gluten-free and low in calories. It contains no cholesterol and is an excellent source of iron and calcium. It is an important source of protein, especially for vegans and vegetarians.

Per Person

- 100 – 125g firm plain tofu per person (usually comes in 500g blocks)
- 1 tsp nutritional yeast
- 1 tbsp tamari
- Sea salt / black pepper
- ½ tsp of turmeric
- 5-6 cherry tomatoes
- 1 x piece toasted Wholegrain toast / GF bread

Method:

- In a bowl crumble the tofu into small crumbly pieces
- Add turmeric, nutritional yeast, tamari, sea salt, black pepper and mix well
- Heat a pan with a small amount of oil or just use water , ,add in your mix and using a spatula toss well
- At the side of the pan add your cherry tomatoes and cook side by side

Serve:

- Serve with a slice of toasted wholegrain bread, GF bread or your choice!