

Curried Tofu Scramble

Calories: 145 kcal

Servings: 1

Time: 15 Mins

Ingredients

- 0.50 tsp Chili Powder (adjust as desired)
- 1.00 tsp Cumin
- 0.50 tsp Curry Powder (adjust as desired)
- 1.00 tbsp Extra Virgin Olive Oil
- 1.00 clove Garlic (crushed)
- 100.00 g Nigari Tofu (firm)
- 2.00 g Salt and Pepper (to season)
- 20.00 g Spring Onion
- 1.00 tsp Turmeric Powder

Instructions

1. Heat oil in a pan. Sauté spring onions and garlic for 2 minutes.
2. Mash the tofu, then stir into the pan. Add turmeric powder, cumin, chilli powder and curry powder.
3. Cook over medium heat, turning frequently until tofu is firm.
4. Season with salt and pepper, and serve while hot.