

TOBERMORY'S TOFU SCRAMBLE

Jump start your day with this healthy, protein-packed breakfast – on the table in under half an hour!

Serves 2

Prep time: 5 minutes

Cook time: 20 minutes

Ready time: 25 minutes

INGREDIENTS

- 1 tablespoon vegetable oil
- 4 spring onions, chopped
- 1 packet (approx. 300-350g) silken tofu, or a block of plain firm tofu if silken is unavailable
- ½ teaspoon turmeric
- ½ teaspoon salt
- ¼ teaspoon black pepper

METHOD

1. Heat the oil in a non-stick frying pan, then gently fry the chopped spring onions in this for about 5 minutes.
2. Cut open the tofu over a colander so the liquid can drain out, then add this to the frying pan. Break it up with the back of a wooden spoon.
3. Add the turmeric and grind in the salt and pepper.
4. Cook on a medium heat, stirring occasionally, until the liquid has evaporated and so that it starts looking like scrambled egg – about 15 minutes.
5. Serve on hot toast, or as part of a plant-based breakfast.

ADDITIONAL NOTES

Silken tofu, usually sold in small cartons, keeps for many months unopened so it's a handy ingredient to have in the kitchen cupboard ready for when you need it.

For an extra edge, substitute the salt for 'kala namak' (also known as Himalayan black salt), which has a sulphurous 'eggy' flavour. It can often be found at health food shops.

If you can't get spring onions, leave them out – it still works well.

