

# Scrambled tofu Egg free

**Serves 2**

## Ingredients

- 1 tablespoon oil
- 300 grams tofu
- 2 cups frozen vegetables (peas, corn mixed vegetables)
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- 1 teaspoon miso paste
- 1 tablespoon water

## Method

1. Heat oil in a large frying pan.
2. Add vegetables to the pan and stir-fry for one minute.
3. Add spices and continue to cook, stirring frequently.
4. Break up tofu into small pieces using clean hands and add to the pan.
5. Mix miso with water in a small bowl and add to the pan.
6. Cook for 3-4 minutes until hot. Remove from heat then serve.

## Serving suggestions

- Serve on top of whole grain toast or in a wrap.
- Serve with 1 cup baby spinach, ½ tomato sliced and ½ cup sliced cooked mushrooms.

## Tip

- The type of tofu you use will affect the texture of the final product. For soft scrambled tofu use a soft or silken tofu, for a firmer texture use a medium or firm tofu.



## Equipment

- 📏 Kitchen scales
- 🍳 Large frying pan
- 📏 Measuring cups
- 🥄 Measuring spoons
- 🥄 Serving spoon
- 🥄 Wooden spoon

## Preparation and cooking skills

Mix, stir, stir-fry.

## Nutrition

- Tofu is made from the curds of soy milk and is common in Asian cuisine and vegetarian meals.
- In this recipe, tofu is used in place of egg which makes it suitable for people with an egg allergy.