SCRAMBLED TOFU

by Xueying Sun

This is one of my favourite make-ahead breakfasts for when I know I'll be busy during the week. It just needs a few minutes of reheating in the morning and it's good to go!

A delicious, nutritious, protein-packed breakfast. Adapt it to your own preferences by adding in different veggies.

Ingredients

- 300g extra-firm tofu
- 2 medium tomatoes, diced
- 1 cup button mushrooms, diced
- ½ medium red onion, diced
- 1 red capsicum, diced
- 1 x 400g can black beans, drained and rinsed
- 100g silken tofu (optional)
- 1 tsp ground turmeric
- 1 tsp smoked paprika
- ½ tsp oregano
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp chilli powder (optional)
- 3 cloves garlic, minced
- 1 cup baby spinach (or kale torn into small pieces)
- Pinch ground black pepper
- 2 tbsp nutritional yeast (optional)
- 2 spring onions, finely sliced
- 8 slices whole grain bread
- Small handful fresh basil, torn
- Optional: drizzle of balsamic vinegar

PREP TIME: 10 MINS
COOK TIME: 10 MINS
TOTAL TIME: 20 MINS
SERVES: 4

Directions

1. Place a large, non-stick pan over medium-high heat and add 2 tablespoons of water.
2. Crumble the extra-firm tofu into the pan, and add the diced tomatoes, mushrooms, red onion, red capsicum and black beans. Stir-fry for 3 minutes.
3. OPTIONAL: Next add in the silken tofu, mixing and mashing to ensure that the silken tofu is broken up and evenly distributed. The high water content of the silken tofu prevents everything from sticking to the pan, and also gives the scramble a softer, more 'eggy' texture!
4. Add in the turmeric, smoked paprika, oregano, cumin, coriander, chilli powder and garlic and mix until evenly distributed and a yellow colour is consistent throughout.
5. Add in the spinach, black pepper, and nutritional yeast.
6. Cook for another 3-4 minutes, making sure to stir continuously.
7. Toast the whole grain bread in a toaster until golden.
8. Turn off the heat and add in the spring onions, reserving some to garnish (if desired).
9. Serve with toasted whole grain bread, a sprinkle of torn basil and an optional drizzle of balsamic vinegar.

Notes: Serve tofu scramble in a wrap with additional fillings (such as sliced capsicum, roast sweet potato and black rice). For a gluten-free option, choose whole grain gluten-free bread.

***Xueying Sun** is a third-year medical student studying in Adelaide. She discovered the whole food plant-based approach prior to starting her first year of medicine, and has been passionate about nutrition ever since!*