

SCRAMBLED TOFU AND BLACK SALT BREKKIE

INGREDIENTS

- » 200g Firm Tofu (pressed if needed)
- » 50ml Non-Dairy Milk
- » 1tsp Black Salt
- » ½ tsp Onion Powder
- » ½ tsp Garlic Powder
- » ½ tsp Ground Turmeric
- » Generous Pinch of Ground Black Pepper
- » 1 tbsp Sunflower Oil (for frying)



METHOD

Begin by crumbling the tofu into a bowl with your hands. Add the black salt, garlic powder, turmeric and black pepper. Now add the non-dairy milk of your choice and mix this in well. Heat up the sunflower oil in a pan on a medium heat and add the tofu mix.

Fry the tofu until slightly browned. Be careful however not to break it up too much and fold the mixture in.

Cook until the scrambled tofu is at the desired consistency and serve with grilled cherry tomatoes, fried mushrooms, and a slice of toast.