



Recipe by Dietitian Jowynna Yeo

## Key facts

**Preparation:** 10 mins

**Cooking:** 15 mins

**Total:** 25 mins

**Serves:** 2

## Ingredients

- 1 pack **firm tofu** (300g), patted dry
- 1 tablespoon **SN High Oleic Organic Sunflower Oil**
- 1 clove **Organic Morado Garlic**, minced
- ½ **Organic Red Onion**, diced
- ½ cup **Organic Grey Oyster Mushroom**
- ½ cup **Organic Carrots**, diced
- 1 cup **Organic New Zealand Spinach**, chopped
- ½ **Organic Tomato**, diced
- ½ teaspoon **SN Organic Turmeric Powder**
- **Salt & pepper** to taste

# Tofu Scramble

A colourful dish to kickstart your day, especially great for vegans, or for those days that you're ran out of eggs at home.

*Credits: Dietitian Jowynna Yeo*

## Method

1. In a non-stick pan, heat up sunflower oil on medium heat and sauté the garlic and onions until fragrant and onions turn translucent while garlic turns to a light golden brown.
2. Add in mushrooms, tomatoes and carrots and saute for another 3 minutes.
3. Next, add in tofu into the pan and crumble it into small pieces using a spatula. Sprinkle salt, pepper and turmeric powder evenly to coat the scramble. Stir fry for approximately five minutes.
4. Lastly, add in spinach and stir fry until the spinach is wilted and a bright green colour is achieved.
5. Serve on its own or on a slice of toast. Enjoy!