



Tofu Scramble (ES) (OP W)

Serving: 1

Veg

Ingredients

- -150 gm Tofu
- -1 cloves garlic, peeled and sliced thin (1-¹/₂ tbsp)
- -2 tbsp diced red bell pepper
- - Pinch of turmeric
- -Pinch of tsp salt
- -¹/₄ tsp freshly ground black pepper
- -2 tbsp minced onion
- -2 tbsp chopped mushrooms
- -1 tbsp fresh chopped parsley

Preparation Method

- -Drain the tofu and crumble it. Sauté the garlic, onions and diced pepper in a sauté pan on medium heat, for about 2 minutes. Add mushrooms. Stir in the crumbled tofu first, and then add turmeric, salt, pepper.
- -Garnish with parsley.