

Tofu Scramble



A plant-based twist on a breakfast staple.
Best served with grilled tomatoes and
avocado toast.

Time required: 10 minutes

Ingredients:

- ¼ block of tofu
- 1 tablespoon vegetable oil
- Half a teaspoon of turmeric powder
- ¼ teaspoon salt (or Black salt/Kala Namak)
- 1 tablespoon soy sauce

Recipe:

1. Into a hot frying pan, pour the vegetable oil. With your hands, scramble the tofu and dump into the pan
2. Stir the tofu, adding in the salt, soy sauce and turmeric. Use black salt for a more egg-like taste. Optionally, add in garlic powder, onion powder, cumin powder, green chillies, etc.
3. Garnish with chives and coriander. Serve with toast, grilled tomatoes, and avocado.

Water Footprint (L)	Land Footprint (m ²)	Carbon Footprint (kg)
30	0.8	0.15

Compared to scrambled eggs, scrambled tofu

- Uses almost 50% less water
- Requires nearly 50% less land
- Creates 40% fewer greenhouse gasses