

Tofu Scramble FOK

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Swick

Chef's Notes

- 12-14 oz tofu blocks
- Press the tofu blocks for about 30 minutes to drain excess water before crumbling. This step is important to avoid a watery texture and flavor.
- Black salt is a sulfur-rich salt that, despite its name, is pinkish grey in color. Black salt is popular in Indian cooking, and once added to food has a very distinct sulphuric aroma. (Don't add too much!) For eggless cuisine, this salt is quite popular for scrambles and frittatas.

Preparing the Scramble

First, gather and prepare your mise en place**.

To prepare the scramble, in a bowl, crumble the tofu, add the low-sodium tamari and set aside.

Next, bring a fry pan to medium–high heat and add the onions, sautéing until they are soft, lightly brown, and begin to stick. As needed, add the vegetable stock to deglaze the pan.

Add the bell peppers and saute to lightly soften. Then add the garlic and sauté for an additional 30 seconds.

Add the crumbled tofu and mix to combine. Increase the heat and cook until the ingredients begin to brown slightly.

Next, add the turmeric, black salt, nutritional yeast, and black pepper, tasting with each addition. Cook for another 3 to 5 minutes.

Add the spinach and toss to combine.

Right before serving, add the handful of fresh Italian herbs and fold to combine.

Step 1: Preparing the Scramble

- 1 1/2 blocks* of extra firm tofu, crumbled
- 2 1/2 tbsp low-sodium tamari
- 3 tbsp low-sodium vegetable stock
- 1 cup white onion, small dice
- 1 cup peppers, diced (red, orange etc.)
- 2 cloves garlic
- 1 tsp turmeric
- Indian black salt*** (optional) or flaked sea salt to taste
- 2 1/2 tbsp nutritional yeast
- freshly ground black pepper, to taste (optional)
- 1 cup baby spinach
- 1/4 cup fresh herbs (such as basil or flat-leaf parsley)