



BREAKFAST INSPIRATION

SCRAMBLED TOFU

by www.theppk.com

Ingredients

- 1 ½ tsp ground cumin
- 1 tsp dried thyme
- ½ tsp ground turmeric
- 1 tsp salt
- 2 tbsp olive oil
- 1 small onion, diced
- ½ capsicum, diced
- 2 cloves garlic
- 1 block firm tofu
- ½ carrot, grated
- sliced avocado, to serve

Directions

Combine spices in a small bowl and set aside. Heat the olive oil over medium heat. Saute the onion and capsicum until the onion is translucent. Add the garlic and cook for a further 30 seconds. Crumble the tofu into the pan and add the spices. Mix everything thoroughly. If it seems really dry then add water, a tablespoon at a time, until a nice egg-like consistency is reached. When the tofu is heated through and starting to brown, turn off the heat and grate some carrot over the top for colour. Serve with avocado sliced on top, with a side of toast.