

Scrambled Tofu

Serves 2, or 4 as part of a vegan breakfast

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 pack firm tofu - about 400g
- 1 level tsp turmeric
- Soy sauce to taste
- About 2 tbsp soya milk
- A handful of baby spinach - optional
- Black pepper to taste



First place the tofu in a bowl and crumble it with your hands - or use a fork to break it up.

Heat the oil in a wok or frying pan and gently fry the onion. Once it's soft, add the garlic and cook for a moment.

Then add the crumbled tofu.

Quickly stir the turmeric through, making sure all the tofu is covered to give a light-yellow colour.

Incorporate enough soya milk to give a loose texture - cook for five minutes.

Stir through the spinach if using and cook until it's wilted.

Add soy sauce and black pepper to taste. Serve piping hot on toast or as part of a vegan breakfast with sausages, baked beans and mushrooms.

TIP You can vary this by adding chopped red peppers or mushrooms at the start, or tomatoes at the end.