



Spiced Veggie Tofu Scramble

Instructions

Serves: 4

1. In a wok, heat the oil on medium heat and sauté onions to develop browning.
2. Add salt to onions to prevent burning.
3. Add ginger, garlic and spices to the above and cook for 2 additional minutes.
4. Add mushrooms, kale, carrots and crumbled tofu to the above and cook for 7 minutes.
5. Add tahini, nutritional yeast and flax seed powder along with red pepper to the above and cook for an additional 2 minutes.
6. Garnish with cilantro and enjoy.

Additional optional tip for prepping tofu:

In order to create a meaty texture, freeze the packet of tofu, thaw it for 6 hrs. when cooking.

Squeeze the water out and crumble into small pieces.

Ingredients

- 1 tablespoon olive oil/avocado oil
- ½ onion, diced
- 4 garlic cloves, peeled and diced
- 1 teaspoon ginger, grated
- 1 teaspoon garam masala or ras el hanout
- 1 teaspoon turmeric powder
- 1 teaspoon black/pink salt (can use regular salt if not available)
- 1 teaspoon paprika powder(optional)
- 1 packet (12-16 oz) extra firm tofu
- 1 red pepper, diced
- 2 cups stripped kale
- 1 cup shredded carrots
- 1 cup diced mushrooms (optional)
- 2 tablespoon nutritional yeast
- 1 teaspoon flaxseed powder
- 1 tablespoon tahini
- 1 cup cilantro