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Scrambled Tofu
Serves 2–4, Vegan

1 tsp olive oil
½ white onion, finely chopped
1 packet firm silken tofu, drained (349g)
½ tsp turmeric
½ tsp onion salt
½ tsp smoked paprika

Optional:

1 tbsp non-dairy cream cheese
3 tbsp non-dairy single cream
Black salt (can provide an 'eggy' taste)

1. Heat oil in a non-stick pan. Sauté onions until pale then add drained tofu.
2. Mix well and add all dry spices.
3. Cook on medium heat for around 10 minutes until tofu is relatively dry and no juices remain.
4. At this point you can add non-dairy cream cheese or cream if desired.