# Scrambled tofu (scrambled eggs style)



**Consejo del chef**

Sprinkle some parsley on top.

## Raciones para 1

- ❏ **100 gr** Tofu
- ❏ **1** Small onion
- ❏ A bunch of cherry tomatoes
- ❏ **2** Green asparagus
- ❏ **2** Slices of bread
- ❏ Salt and pepper to taste
- ❏ A pinch of black kala namak (optional)
- ❏ **1** Teaspoon of ground turmeric
- ❏ Parsley
- ❏ Pumpkin seeds
- ❏ Extra virgin olive oil
- ❏ Herbs de Provence

1. Crumble the tofu and strain.
2. Sauté the chopped onion in a skillet with a dash of oil for 5 minutes.
3. Add the crumbled tofu, some salt and pepper, and turmeric.
4. If we want a similar taste to an egg, we can add a pinch of black Kala Namak salt.
5. Toss well and cook for 10 minutes.
6. Meanwhile, sauté the green asparagus and cherry tomatoes in another skillet with some oil over low heat for 7 minutes. Add salt, pepper, and herbs de Provence to taste.
7. Toast the bread slices. Assemble the scrambled tofu bread slices, and garnish with the asparagus, tomatoes, and pumpkin seeds.

# Chef's Notes

https://cookinglovers.teka.com/en/receta/tofu-scramble-huevos-revueltos-veganos/