

Scrambled tofu (scrambled eggs style)

COOKING
LOVERS TESTA



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/es/receta/tofu-scramble-huevos-revueltos-veganos/>

