

# TONZU

PLANT-BASED WHOLEFOODS

## Scrambled Tofu Serves 2 people

Try our scrambled TONZU Tofu with your next big brekkie - a truly tasty alternative to your usual scrambled eggs. Spice it up Spanish-style or go for fresh mushroom and herbs in a herby scramble, something different and truly tasty!

**Difficulty Level:** Easy

**Prep Time:** 2 minutes

**Cook Time:** 8 minutes

**Total Time:** 10 minutes



### INGREDIENTS

- 300g TONZU Organic Tofu
- Tamari to taste

### OPTIONS:

#### Spanish Scramble

1 green pepper, chopped

1 tomato cubed

Pinch of chilli

Sauté all ingredients and mix with scrambled tofu

#### Herby Scramble

4-6 mushrooms sliced

Pinch of dried herbs: oregano, basil, rosemary, sage, thyme

Pinch of cayenne

Add to tofu while cooking

### HOW TO MAKE

1. Crumble the tofu into a pan on a medium heat.
2. Sprinkle with tamari and cook until heated through.

### HOW TO SERVE

Serve with your favourite toasted bread.