

HEALTHY COOKING

▶ SCRAMBLED SPICY TOFU



SERVES 1

INGREDIENTS

- ▶ 150g soft tofu (typically half a block)
- ▶ 1 cup diced vegetables e.g. capsicum, tomato, zucchini and onion
- ▶ 1Tbs olive oil
- ▶ ½ fresh chilli, finely diced (more if you like)
- ▶ ½ tsp paprika
- ▶ Pinch of cumin powder
- ▶ Fresh coriander, Lite Seasoner and pepper to taste

Add oil, dried spices and diced vegetables to a heated pan, cook until tender. Add tofu, break up until it resembles the texture of scrambled eggs. Cook until well mixed and heated through. Serve with fresh coriander on top.

Each serving:

Protein: 20g | Carbohydrate: 6g