

Tofu Rambling Scramble

This savory "Tofu Rambling Scramble" is a quick and easy dish packed with vibrant vegetables, warming spices, and anti-inflammatory goodness. Loaded with plant-based protein and bold flavors, it's a nourishing way to start your day or enjoy any time you need a satisfying, wholesome meal. Serve it on its own, over toast, or wrapped in a tortilla for a deliciously effortless bite!

INGREDIENTS

2 tablespoons extra virgin olive oil
1 medium red bell pepper, small dice
1 small yellow squash, small dice
2-3 large scallions, thinly sliced
1 1/2 teaspoons curry powder
1/2 teaspoon ground cumin
1 block extra firm tofu, drained and crumbled
2 tablespoons tamari , or soy sauce
1/4 teaspoon salt, or more to taste

STEP 1

In a large sauté pan, heat oil on medium. Add vegetables, toss and cook for 2 minutes.

STEP 2

Add spices and mix well. Let cook for another 2 minutes.

STEP 3

Drain tofu from water, wrap in paper towel and press gently to remove excess water. Then crumble block into pan and mix well.

STEP 4

Add tamari and salt, mix well and cook for another few minutes regularly tossing. Add salt to taste.

SERVES

4

TIME

🕒 15m

SHOPPING LIST

1 bottle extra virgin olive oil
1 medium red bell pepper
1 small yellow squash
1 bunch scallions
1 jar curry powder
1 jar ground cumin
1 block extra firm tofu
1 bottle tamari , or soy sauce
salt

EQUIPMENT

Large saute pan

STORAGE

Store in the fridge for 3-4 days