



## Curried Tofu Scramble

4 servings

25 minutes

### Ingredients

- 1 1/3 tbsps Organic Vegetable Broth
- 1 1/3 Red Capsicum (chopped)
- 1/2 Yellow Onion (chopped)
- 596 grams Tofu (extra firm, drained and pressed to remove water)
- 1 1/3 tsps Curry Powder
- 1 1/3 tbsps Nutritional Yeast
- 1/4 tsp Sea Salt
- 4 cups Rocket

### Nutrition

Amount per serving	
Calories	148
Fat	8g
Saturated	1g
Carbs	7g
Sugar	4g
Protein	16g
Cholesterol	0mg
Sodium	173mg

### Directions

- 1 In a pan over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add rocket to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**No Vegetable Broth,** Use avocado oil or extra virgin olive oil instead.

**More Flavour,** Add mushrooms or fresh herbs to the dish.