

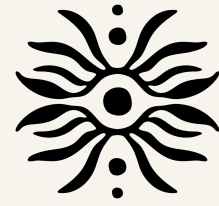
# The Planticious Bliss

## *Scrambled Tofu Recipe*

*Serves 4 hungry souls*

### **Ingredients**

- 500g natural tofu
- 1/2 onion
- 70g leek
- 1/4 red pepper
- Generous handful of fresh herbs or spinach
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/2 tsp kala namak (black salt)
- Pepper to taste
- 1/4 tsp paprika
- 1/2 tsp turmeric
- 1 1/2 heaped tbsp nutritional yeast
- ~85ml plant-based milk (e.g. oat or soy)



### **Method**

1. Finely chop onion, leek, and red pepper.
2. Crumble tofu into small pieces by hand – keep some texture.
3. Heat olive oil in a non-stick pan, sauté onion for 1 minute.
4. Add leek and cook for another 2 minutes.
5. Add red pepper and stir well.
6. Add crumbled tofu and mix everything.
7. Season with salt, pepper, kala namak, paprika, and turmeric.
8. Let it cook gently, stirring occasionally.
9. Add spinach or herbs and gently fold in.
10. Stir in nutritional yeast.
11. Slowly add plant milk until the texture is creamy.

### **Serving Suggestions**

Enjoy with toasted sourdough, roasted veggies, or our favourite: in protein-packed lentil wraps with avocado and greens.