



ROYAL
VOLUNTARY
SERVICE

PROTEIN-PACKED VEGAN COOKED BREAKFAST

by Ollie Bragg

Herby Tofu Scramble

Ingredients

- 1 tbsp olive oil
- ½ onion, finely chopped
- 1 garlic clove, crushed
- 1 tbsp white flour
- 120ml soya milk
- 1 block of tofu (200–250g), crumbled
- ½ tsp dried mixed herbs
- ½ tsp turmeric
- 3 medium vine tomatoes, finely chopped
- Salt and freshly ground black pepper to taste

Optional Ingredients

- 2 handfuls of spinach leaves (add at stage 3 below)
- 1 tsp Dijon mustard (or to taste, add at stage 3 below)



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Method

1. Fry the onion and garlic on a low heat until soft.
2. Stir in the flour, followed by the soya milk. Stir well to get rid of lumps and cook for a minute or two.
3. Add the tofu, tomatoes, herbs and turmeric (spinach and mustard, if using) and stir for 5 minutes.
4. Serve on toast, with fresh basil leaves and salt and pepper to taste.

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