

Mexican Scramble Tofu

Ingredients

3 tbsp olive oil
1 small red onion finely diced
3 cloves garlic minced
2 medium tomatoes diced
1 tsp coriander ground
1 tsp cumin ground or seeds
1 tsp turmeric
1 tsp smoked paprika
½ to 1 tsp salt
1 corn cob – kernels removed
1 cup cooked kidney or pinto beans
1 red capsicum diced
1 chilli chopped small or 2 tsp chilli sauce
400g firm tofu crumbled
2 tbsp nutritional yeast
2 spring onions thinly sliced
A handful of washed coriander roughly chopped

Method

1. Place the oil in a wok and heat up a little then add the onion and sauté for 2 minutes then add the garlic, salt and spices and cook for a further 3 to 5 minutes or until onion is starting to soften.
2. Add the corn kernels, kidney or pinto beans, tomato and capsicum. Stir around then put a lid on to cook for 3 minutes.
3. Add the tofu, nutritional yeast and chilli and cook for 5 minutes or until the tofu is cooked through and a little brown in some places.
4. Serve with the coriander and spring onions.



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