Turmeric Tofu Scramble with Spinach

Golden, savoury scramble with soft spinach folded through at the last minute.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**10 min**	**15 min**	**2**	**EASY**

Ingredients

- 280 g firm tofu (drained)
- 1 tsp ground turmeric
- 120 g baby spinach
- 3 spring onions (sliced)
- 2 tbsp nutritional yeast
- 1.5 tbsp olive oil

Method

1. Press the tofu between sheets of kitchen paper for a couple of minutes, then crumble it into rough, uneven pieces with your hands.
2. Heat the oil in a frying pan over a medium-high heat and cook the spring onions for 1 minute.
3. Add the tofu and turmeric and fry for 6 minutes, stirring occasionally, until it starts to catch and colour.
4. Stir in the nutritional yeast and season well with salt and black pepper.
5. Add the spinach and cook for 1–2 minutes, just until wilted.

Tips & swaps

- Crumble the tofu by hand rather than chopping it; the ragged edges are what make it look and eat like scrambled egg. Do not skip the salt — tofu needs more than you think.

Storage & reheating

Keeps for 2 days in the fridge; reheat in a hot pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**17g**	**6g**	**14g**	**4g**

Estimated values, for guidance only. Contains: Soya.