



SCRAMBLED TOFU WITH KALE & BROCCOLI

This weeks Recipe of the Week is Scrambled Tofu with Broccoli & Kale ~ a recipe inspired by local Vegan Cook & Author **Anthea Amore** from her recent cookbook 'Hungary; for more crazy good vegan food'.

Traditionally eaten for breakfast, this recipe can really be enjoyed any time of day.

Serving Size: 4-6 serves

Ingredients:

250g *firm tofu*, crumbled

Cold pressed *extra virgin olive oil*

1 small *clove of garlic*, finely diced

3 tablespoons of finely grated *fresh turmeric*

1 tablespoon finely grated *fresh ginger*

1/4 teaspoon cracked *black pepper*

1/2 teaspoon *sea salt*

1 *spring onion*, finely sliced

1 tablespoon *tamari* (gluten-free soy sauce)

1/2 tablespoon *savoury yeast flakes*

1 cup finely chopped *broccoli florets*

1 tablespoon *lemon juice*

1 cup of *kale*, finely shredded

2 tablespoons roughly chopped *fresh curly parsley*

2 slices of *sourdough* (per person) (or gluten free alternative)

1 sprig of *fresh thyme* to garnish (optional)

Method:

Saute the tofu in a little olive oil with the garlic, turmeric, ginger, pepper, salt, spring onions, tamari and yeast flakes on medium heat for 2 - 3 minutes.

Once the tofu is golden, add the broccoli and lemon juice and saute for a further minute or two. Add the kale and cook until it softens and wilts.

Prepare the sourdough in the grill or a toaster and then serve the scrambled tofu either aside or on top, garnishing with the chopped parsley and thyme. Enjoy.

Gluten Free | Dairy Free | Refined Sugar Free