

Turmeric scrambled tofu

When I first heard of scrambled tofu a few years back I have to say I was sceptical! I am now a massive convert and love it for a high protein plant-based brekky, or light lunch/dinner that also ticks the anti-inflammatory box. This version has also been made low fodmap for those of you with sensitive tummies.

Serves 2

Prep: 5 min

Cook: 5 min

1 tbs garlic infused extra virgin olive oil
½ tsp ground turmeric
½ tsp ground cumin
1-2 tsp finely grated fresh ginger
200g firm tofu, crumbled
150g grape or cherry tomatoes, halved
2 slices low fodmap bread (e.g., 100% spelt), toasted
Handful baby rocket leaves, to serve

1 Heat oil in a medium non-stick frying pan over medium heat. Cook spices and ginger, stirring, for 30 seconds or until fragrant. Add half the tomatoes and cook, stirring, for 1 minute. Add tofu and cook, stirring, for 2-3 minutes or until warmed through and evenly coated in the spice mixture.

2 Serve tofu mixture on toasted bread, topped with remaining tomatoes and rocket leaves.