

Scrambled tofu



Scrambled tofu

For 2 servings:

150 g tofu

1 onion, sliced

1 pepper, sliced

a handful frozen peas (optional)

dill, finely chopped

1/2 teaspoon turmeric

1 tablespoon soy sauce

1/2 tablespoon oil

salt and pepper

Drain the tofu, crush it with a fork, add the turmeric, dill, salt and pepper to taste and mix it all together.

Fry the onion in oil, for 2-3 minutes. Add the pepper and the peas and fry it further. Then add the tofu and cook it for another 2-3 minutes, stirring occasionally. Finally, add the soy sauce.