



# Tofu 'n' Shrooms

## Spicy Scramble

 2 servings  10 minutes

### INGREDIENTS

4-5 chestnut mushrooms  
salt and pepper  
frying oil  
one small chilli  
sprig of parsley  
one block firm tofu - either buy pre-flavoured, or flavour with your own spices:  
1 tsp turmeric  
1 tsp onion powder  
1 tsp garlic powder  
2 tbsp nutritional yeast  
salt and pepper to taste  
bread  
chilli jam  
hummous

### DIRECTIONS

1. If you're flavouring your own tofu, the first step is to allow your tofu to marinate in the spices for a while first.
2. Next slice chestnut mushrooms and dry-fry them with a pinch of salt to draw out the moisture. Once cooked, add a splash of oil to intensify the flavour.
3. In the same pan, while the mushrooms cook on one side, pan-fry your sliced bread on a medium heat on the other side.
4. Crumble in the tofu, adding a dash more oil if it's sticking.
5. Chop up some chilli and parsley, adding this to the mix.
6. On your toasted bread, serve the mushroom and tofu mix with a generous spread of hummus, and some chilli jam for extra zing.

Quick, easy, and full of flavour!

