**Stir Fried tofu Scramble with Veggies**

**Ingredients:**

1 square (out of 4 in a pack of 700g) of medium-firm tofu, crumbled.

**Flavors & spices:**

1 tbsp of oil

1 tsp of cumin seeds

¼ tsp turmeric powder

¼ tsp black pepper

¼ tsp salt or as per taste

1/8 tsp red chilli powder (optional)

¼ cup chopped onions

½ cup chopped tomato

1/3 cup chopped spinach

1 chopped green chilli (optional)

1/3 cup chopped fresh herbs (option to use parsley, coriander or cilantro)

**Instructions**

1. In a pan add oil to heat over low-medium heat
2. Add cumin seeds to toast in oil until brown
3. Add tofu, seasonings and vegetables to hot pan and stir fry for a few minutes until vegetables are cooked to your liking.

**Notes:**

* Add as many vegetables as you like when cooking. Serve with more vegetables and a grain choice such as slice of bread, roti, rice or noodles, pita, crackers for a balanced meal.