AMERICAN · BREAKFAST

High-Protein Tofu Scramble (Vegan Scrambled Eggs)

25 min · Serves 3 · 315 kcal a serve · Video 10:07 · Rainbow Plant Life

Vegan · Gluten-free ingredients · No nuts listed

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Firm tofu, nutritional yeast and tahini make it high in plant protein with only about 5 g net carbs a serve and no eggs or dairy; calcium-set tofu makes it rich in calcium, and the fortified yeast adds vitamin B12.

Diet notes: Low carb (5.2 g net carbs) but not keto: 60% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3 g, 9% of the energy).

Ingredients 13 · SERVES 3

- [ ] 1 block (400–454 g) **firm tofu**, pressed
- [ ] ¼ tsp **ground turmeric**
- [ ] ¼ tsp **paprika**
- [ ] ½ tsp **garlic powder**
- [ ] ½ tsp **onion powder**
- [ ] ½ tsp **chipotle chilli flakes** (or red pepper flakes)
- [ ] ½ tsp **kala namak** (Indian black salt), plus a few dashes to finish
- [ ] **freshly cracked black pepper**
- [ ] 2 tbsp **nutritional yeast**
- [ ] 1 generous tbsp **runny tahini**
- [ ] 120 ml **full-fat oat milk** (or another creamy plant milk)
- [ ] 1 tbsp **olive oil**
- [ ] **sea salt**, to taste (only if needed)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wrap the firm tofu in a clean tea towel or paper towels, set it on a board and weigh it down with a heavy book or cans for 10–15 minutes to press out excess water. 1:00
2. Meanwhile mix the spice blend in a bowl: turmeric, paprika, garlic and onion powder, chipotle flakes, ½ tsp kala namak, black pepper and the nutritional yeast. 1:37
3. Add the tahini and whisk it into the spices to a paste, then pour in the oat milk gradually, whisking to a smooth sauce. Set aside. 3:33
4. Tear the pressed tofu into bite-size chunks with your hands — not too small, or it turns crumbly in the pan. 4:12
5. Heat a large non-stick pan over medium-high heat, add the olive oil, then the tofu. Fry 5–7 minutes, stirring only now and then so it picks up some golden colour, and break up any big chunks. 4:46
6. Pour in the sauce and fold it through: 30–60 seconds for a soft, wet scramble or a couple of minutes for a firmer one. 5:04
7. Finish with a few dashes of kala namak for the eggy flavour, taste, and add a little sea salt only if it needs it. 5:25

> **Tip** Serves 3–4; the cook's figures for ¼ of the batch are 158 kcal and 15 g protein (a 400 g US block; denser firm tofu gives more). Firm, not extra-firm, tofu is the most egg-like. Fold in chopped baby spinach after the sauce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
315 kcal	28 g	10 g	5.2 g	21 g	630 mg
1,320 kJ	56% of a day	5.2 g net · 1.7 g sugars	18% of a day	3 g saturated	27% of a day
		4% of a day		27% of a day	

Energy from net carbs 6% · protein 35% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Calcium 81% · Vitamin B12 68% · Omega-3 60% · Vitamin B6 50% · Selenium 50% · Folate 29% · Zinc 28% · Iron 27% · Magnesium 24%

Source of (10–19%) Potassium 11%

Recipe and video: Rainbow Plant Life (@RainbowPlantLife) on YouTube — youtube.com/watch?v=Vc5pZ-PY-H8, published 5 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-tofu-scramble-kala-namak