

Toast with tofu scramble

Total time **20 mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
2213 kJ / 529 kcal

Fat: **23 g** Protein: **23 g**
Carbohydrates: **57 g**

INGREDIENTS

2 portion(s)

Tofu:

180 g tofu
0.5 tsp smoked paprika
0.5 tsp cumin
0.5 tsp coriander
1 pinch of pepper
2 tbsp Kikkoman Naturally Brewed Soy Sauce
70 ml almond milk
1 tbsp olive oil
1 small onion, finely diced
1 handful of baby spinach

Bread:

4 slice(s) of sourdough bread
2 tbsp olive oil
2 cloves of garlic

To serve:

1 tbsp black sesame seeds
6 cherry tomatoes, halved
2 tbsp fresh parsley

PREPARATION

Step 1

180 g tofu - **0.5 tsp** smoked paprika - **0.5 tsp** cumin - **0.5 tsp** coriander - **1 pinch** of pepper - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **70 ml** almond milk - **1 tbsp** olive oil - **1** small onion, finely diced - **1 handful** of baby spinach
Mash the tofu in a bowl with a fork until it has a scrambled egg-like consistency. Mix in spices, Kikkoman Soy Sauce and almond milk.

Heat olive oil in a pan and sauté the chopped onion until translucent. Add the mashed tofu and fry for a few minutes.

Add the fresh spinach and sauté everything until the spinach is soft.

Step 2

4 slice(s) of sourdough bread - **2 tbsp** olive oil - **2** cloves of garlic

Brush the slices of bread with olive oil and rub with pressed garlic. Toast on a hot grill pan.

Step 3

1 tbsp black sesame seeds - **6** cherry tomatoes, halved - **2 tbsp** fresh parsley

Arrange the tofu scramble on the grilled bread slices and sprinkle with sesame seeds.

Garnish with parsley and halved cherry tomatoes.