



scrambled tofu and egg with beans

NIBBLEDISH CONTRIBUTOR

Ingredients

- 3 medium eggs - 1/2 pack silken tofu (around 200 g) - parsley - 1 tsp olive oil - salt and pepper - a can of baked beans

Instructions

Today's high-protein breakfast. Silken tofu adds a creamy consistency to the eggs, so the butter and cream won't be missed. For those on a permanent diet. 1. Drain tofu and wrap in paper or kitchen towel to soak up excess liquid. This is important otherwise the eggs will be excessively watery. 2. Mash up tofu roughly with a fork, and add to beaten eggs. Add chopped up parsley and season with salt to taste. 3. Heat olive oil in a frying pan over a medium heat. Add egg and tofu mixture and leave to set slightly. 4. Using a wooden spoon or chopsticks, stir the mixture in circular motions until the mixture looks almost cooked. 5. Remove from heat and continue stirring until there is no more liquid. Move to a plate immediately to prevent over-cooking. 6. Serve with a big schlop of warmed baked beans and grind black pepper generously over the eggs.