

Tofu Burji (Scramble)

Recipe Makes: 1 serving

Nutritional Value (per serving)

Calories: 174 kcal **Protein:** 10.3 g **Carbohydrate:** 16.4 g **Fat:** 9 g

Ingredients

100 grams Tofu, extra firm, crumbled

1 Onion, finely chopped

2 cloves Garlic, finely chopped

1 Tomato, finely chopped

1 Green Chillies, finely chopped

¼ teaspoon Turmeric powder (Haldi)

¼ teaspoon Cumin powder (Jeera)

½ teaspoon Garam masala powder

1 teaspoon Oil

Coriander (Dhania) Leaves, finely chopped

Salt and Black Pepper, to taste



Instructions

1. To begin making the recipe, heat oil in a heavy bottomed pan.
2. Add the garlic and onions and sauté until the onions are lightly caramelized.
3. Once done add the tomatoes, green chilies and sauté until the tomatoes become soft.
4. After the tomatoes are soft stir in the turmeric powder, cumin powder and garam masala powder and sauté for a few seconds. Finally stir in the crumbed tofu, add salt and pepper and combine well.
5. Check the salt and spices and adjust to suit your taste. Cover the pan and simmer for a minute and turn off the heat.
6. Finally stir in the chopped coriander leaves.
7. Serve the Tofu Burji along with hot chapatis or paratha.