



Low FODMAP Scrambled Tofu

Serves: 1

Prep: 5 minutes

Cook: 5 minutes



Stack Cup

ingredients	Metric	Imperial
Firm tofu	100 g	3.5 oz
¼ cup water	62 g	2.2 oz
1 tsp soy sauce	5 g	0.2 oz
¼ tsp ground turmeric*	1 g	0.04 oz
½ cup diced or grated carrot and zucchini	75 g	2.6 oz
Cooking oil for frying or cooking oil spray		

Method

1. Place the water, soy sauce and turmeric in a bowl and mix well
2. Crumble the tofu into the bowl using your fingers and add the vegetables
3. Heat the oil in a small frying pan over medium heat and add the contents of the bowl. Gently fry until golden brown (about 5 minutes)
4. Serve with cooked rice or sourdough spelt bread

Hints

* This will give the tofu a yellow colour which will make it resemble scrambled eggs

Nutrition Information (per serve)	
Energy	957 Kj / 229 cal
Protein	12.90g
Carbohydrates	2.90g
Sugar	2.70g
Total Fat	16.70g
Saturated Fat	4.60g
Fibre	8.90g