

Vegan Tofu Scramble

Fluffy vegan tofu scramble with perfect egg-like texture. Ready in 25 minutes with nutritional yeast, turmeric, and aromatic spices.

15 min

PREP

10 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Vegan Tofu Scramble

Ingredients

- 2 tofu
- 4 tbsp olive oil
- 4 tbsp coconut milk
- 2 tbsp nutritional yeast
- 1 tsp turmeric
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup fresh chives

Instructions

- 1 Prepare the tofu**

Place the 2 blocks of tofu between clean kitchen towels and weight with a heavy pan. Press for 10 minutes to remove excess moisture.
- 2** Crumble the pressed tofu into bite-sized pieces using your hands, breaking it into irregular chunks that resemble scrambled eggs.
- 3 Make the seasoning mixture**

Combine 1 tsp salt, 1 tsp black pepper, 1 tsp cayenne pepper, 1 tsp turmeric, 1 tsp garlic powder, and 2 tbsp nutritional yeast in a small bowl. Add 3 tbsp water and whisk until smooth to create a golden slurry.
- 4 Cook the scramble**

Heat 2 tbsp olive oil in a large skillet over medium heat (175°C/350°F). Add the crumbled tofu and cook undisturbed for 2-3 minutes until the bottom pieces are golden brown.
- 5** Pour the seasoning slurry over the tofu and gently stir to coat all pieces evenly, mixing carefully to avoid breaking up the tofu too much.
- 6** Add 1 cup plant milk and cook for 3-4 minutes, stirring occasionally, until the mixture appears creamy and is heated through.
- 7** Remove from heat and serve immediately while hot.

Tips

Press tofu for at least 10 minutes between clean kitchen towels with a heavy weight on top. This removes excess moisture that would otherwise make your scramble watery and prevent proper browning.

Create a spice slurry by mixing all seasonings with 2-3 tablespoons of water before adding to the pan. This prevents burning and ensures even distribution of flavors throughout the scramble.

Use medium heat throughout cooking to develop golden color without burning the delicate spices. High heat will scorch the turmeric and nutritional yeast, creating bitter flavors.

Let tofu cook undisturbed for 2-3 minutes after adding to the pan before stirring. This allows the pieces to develop a golden crust that adds texture and visual appeal.

Add firm vegetables like bell peppers and onions early in the cooking process, but save delicate greens like spinach for the final minute to prevent overcooking.

Substitute kala namak (black salt) for regular salt to add an authentic egg-like sulfur flavor. Start with just a pinch as this specialty salt has an intense taste.

Stir in a splash of unsweetened plant milk during the final minute of cooking for extra creaminess. Cashew or oat milk work particularly well for rich texture.

Taste and adjust seasonings at the end of cooking, as the flavors concentrate during the cooking process and you may need less salt than expected.