



## Vegan Omelette with Natural and Smoked Tofu



Serves 2:

### Note

You can vary the Tofu omelette using tomatoes, mushrooms or red bell peppers.

### Ingredients

400	g	Taifun Natural Tofu
100	g	Taifun Silken Tofu
100	g	Taifun Smoked Tofu
50	ml	sunflower oil
1		small onion
1	tsp	curry powder
1	tsp	salt
1	pinch of	ground nutmeg
1	pinch of	white pepper
	some	leaf lettuce and herbs for garnish

### Preparation

Open the Natural Tofu and drain the liquid. Crush the Tofu with a fork. Gradually add salt, pepper, nutmeg, curry powder and Silken Tofu. Form a thick mixture.

Peel and finely dice the onion. Cut the Smoked Tofu into small cubes. Heat the sunflower oil in a pan and fry the Smoked Tofu until crisp. Add the diced onion and fry for a short time.

Add the Tofu mixture and keep frying. Frequently stir with a wooden spoon to heat the Tofu mixture thoroughly. Run the wooden spoon along the edge of the pan to form a half-moon shape and fry.

Tip the Tofu omelette carefully onto a plate and garnish to taste with lettuce and herbs.

