

Recipe Name: Tofu Bhurji Recipe - Spicy Scrambled Tofu
Diet Type:
Course: North Indian Breakfast
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Tofu - crumbled	4
• 1 Onion - chopped	
• 1 Red Bell pepper (Capsicum)	
• 1 Tomato - chopped	
• 1 Green Chilli - chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 teaspoon Red Chilli powder	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Turmeric powder (Haldi)	
• 4 sprig Coriander (Dhania) Leaves - chopped	
• Salt - to taste	
• Sunflower Oil	

Preparation

- To begin making the Tofu Bhurji Recipe, firstly crumble the tofu and keep it aside.
- Heat a tablespoon of butter in a heavy bottomed pan; add the cumin seeds, onion, capsicum, green chillies and ginger.
- Saute the onions and capsicum on low to medium heat un.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	20	10	15	2	2