



EATING IN MODERATION

Eat in moderation. Maintaining a healthy diet is important for many reasons, but a diet rich in fruit, vegetables, and omega-3 fatty acids, may promote overall health and lower the risk of developing dementia.

#3 Food for thought: Eat Well Live Well Think Well

Spicy Tofu & Spinach Scrambled Eggs

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Chef Muazzin Shah
Bin Mohd Shah

Ingredients

- Firm tofu (drained) 200 g
 - Spinach leaves (loosely chopped).... 2 cups
 - Canola oil 1 Tbsp
 - Cumin powder ½ tsp
 - Chili powder ¼ tsp
 - Garlic (minced) 1 clove
 - Eggs (beaten)..... 4
 - Red medium sized onion (sliced) .. ¼
- ¼ tsp turmeric (optional)

Nutritional Information (250 g per serving)

- Energy 330 kcal
- Carbohydrate 2 g
- Protein 24 g
- Fat 24 g
- Saturated Fat 5 g
- Cholesterol 300 mg
- Dietary Fibre 8 g
- Sodium 170 mg

Cooking Method

1. Add spices (garlic, cumin powder and chili powder) to a small bowl and set aside.
2. Warm a large pan over medium heat. Add Canola oil and onion slices. Cook for 5 minutes or until the onion slices soften.
3. Add spinach, cover to steam for 2 minutes.
4. Meanwhile, use a fork to crumble drained tofu into bite-sized pieces.
5. Move spinach to one side of pan and add tofu into pan.
6. Sauté tofu for 2 minutes, then add mixed spices.
7. Stir to mix the tofu and spinach immediately, evenly distributing the dry spices. Cook for another 5-7 minutes until tofu is slightly browned.
8. Add eggs to the pan and cook. Serve hot.