

Tofu Puttanesca



2 - 3 servings



20 minutes

Ingredients

- 1 tbs vegetable broth
- 1 tbs olive oil
- 2 scallion green parts only diced
- 1/2 cup red onion diced
- 1 Roma tomato diced
- 1/4 cup Zucchini diced
- 1/4 tsp crushed red pepper flakes for heat, adjust to taste (optional)
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1 package extra firm tofu (14 oz)
drain & press for 20 minutes
- 1/2 tsp turmeric
- Black salt (for a more "eggy" taste)
- 2 tsp maple syrup (100% works best)
- 1 tbs capers
- 1/4 cup diced Kalamata olives
- Fresh ground pepper

Method

1. Open tofu, drain, wrap in a kitchen towel, set it on a cutting board, place something heavy on top of tofu (i.e. heavy skillet) set aside for 20 minutes for tofu to press
2. In a large skillet, combine olive oil and vegetable broth over medium heat.
3. Add red onion and simmer for a few minutes, add scallion, tomato, red pepper flakes, thyme, and oregano. Sauté until veggies are soft, about 5 minutes.
4. Using your cooking spatula move the veggies to the outer edges of the pan, crumble in the pressed tofu into the center of the pan breaking into pieces that resemble scrambled eggs.
5. Add the turmeric and a pinch of black salt and cook for 2 minutes, distributing the turmeric throughout the tofu until warmed.
6. Add the capers and olives and bring all vegetable back into the mix.
7. Taste one last time for seasoning and add any more salt or red pepper flakes to taste.

Serve with a side of sour dough toast and roasted seasoned potatoes or fill tofu puttanesca in a flour or corn tortilla, eat as a wrap