

# Korean Tofu Scramble

Enjoy a delicious and dairy-free Korean-inspired breakfast with this flavorful tofu scramble. Packed with traditional Korean flavors, this dish is the perfect way to start your day!



Breakfast Dish

Korean

20 min

Total time

Easy

Difficulty

250

kcal / serving

Nutrition per serving (estimated)

Protein 17 g

Carbs 18 g

Fat 13 g

Fiber 4 g · Sugar 6 g · Sodium 1050 mg

Ingredients

- 1/2 block of firm tofu, crumbled
- 1 tablespoon sesame oil
- 1/4 cup diced onion
- 1/4 cup diced bell pepper
- 1/4 cup diced zucchini
- 1/4 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon gochujang (Korean red pepper paste)
- 1 tablespoon nutritional yeast
- 1 green onion, chopped
- Salt and pepper to taste

Substitutions

**Firm tofu** – Extra-firm tofu, crumbled; it will make a slightly firmer scramble.

**Zucchini** – An equal amount of diced yellow summer squash.

**Green onion** – An equal amount of finely sliced chives.

Drink pairing

A crisp, dry lager

Its clean, refreshing finish complements the savory tofu and balances the gochujang’s gentle heat.

0% option: Sparkling water with a squeeze of lime

Steps

- 1 Heat sesame oil in a skillet over medium heat.
- 2 Add onions, bell peppers, zucchini, and mushrooms to the skillet and sauté until tender.
- 3 Crumble the tofu into the skillet and mix well with the vegetables.
- 4 Stir in minced garlic, soy sauce, gochujang, and nutritional yeast. Cook for an additional 2-3 minutes.
- 5 Season with salt and pepper to taste.
- 6 Garnish with chopped green onions.
- 7 Serve hot and enjoy!

Chef’s tips

- Aim for a lightly browned, moist scramble; cooking too long can make the crumbled tofu dry.
- Use a wide skillet so the vegetables release moisture without crowding and the tofu can brown lightly.
- Gochujang and soy sauce bring plenty of savory flavor, so taste before adding much extra salt.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3-4 days. Reheat until steaming hot.

## Frequently asked questions

### How can I tell when the scramble is done?

The vegetables should be tender, and the tofu should be hot throughout with a moist texture and a little light browning.

### Can I prepare this ahead?

For the best texture, cook it just before serving. You can dice the vegetables and crumble the tofu ahead, then keep them covered in the refrigerator.

### What can I serve with this scramble?

Serve it with rice or toast for a more filling breakfast, or add fresh cucumber on the side for a crisp contrast.