Spinach Tofu Scramble in Toasted Pita

2 filled whole-wheat pitas, each with half the tofu-spinach mixture · Active 20 min · Total 35 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 10 1/2 oz plain firm calcium-set tofu, drained (300 g)
- 4 cups fresh spinach, washed and dried (120 g)
- 1/2 small onion, peeled and chopped (60 g)
- 2 whole-wheat pita breads (120 g total)
- 2 teaspoons olive oil (10 ml/about 9 g)
- 1 teaspoon ground paprika (2 g)
- 1/4 teaspoon ground turmeric (0.5 g)
- 1 tablespoon lemon juice (15 ml/about 15 g)
- 1/4 teaspoon fine salt (1.5 g)

Set out

Stovetop, 10-in/25-cm skillet, Clean kitchen paper, Knife and board, Spatula, Toaster or dry second skillet, 2 plates

Allergens

Soy, Wheat; pita can add milk or sesame—check labels. Check labels and substitutions.

Make it

1. Drain tofu and press gently in clean paper for 5 minutes while chopping onion. Crumble tofu into broad small pieces. Heat oil in the skillet over medium heat. Cook onion 4–5 minutes until soft.

2. Add tofu, paprika, turmeric and salt. Cook 7–8 minutes, stirring every minute or so, until hot throughout and some edges are lightly golden. Follow any longer cooking instruction on the tofu package.

3. Add spinach in 2 batches. Cook 3–4 minutes, turning, until fully wilted and excess liquid has evaporated. Stir in lemon juice. Toast pitas just until warm and flexible, then cut an opening and divide all the hot filling between them. Serve promptly.

A beginner skill to practice

Practice letting surface moisture evaporate before filling bread. A hot, wet mixture and a hot, drier mixture behave very differently in a pocket.

A useful detail

The 35-minute total includes brief draining, chopping and cooking. This is tofu, not egg; its doneness cue is full package-directed cooking and a hot, fairly dry filling, not deliberately runny curds.

Keep it well

Refrigerate leftover filling in a shallow container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days or the shorter tofu-package deadline. Reheat filling to 165°F/74°C. Warm fresh bread and fill at eating time rather than storing a moist assembled pita.