

Spring onion and tofu omelettes

<p>Ingredients</p> <p>6 eggs, lightly beaten 1 garlic clove, crushed 2cm ginger, peeled and grated 8 spring onions, sliced 400g/13oz firm silken tofu, crumbled Light-flavoured oil for frying</p>	<p>Equipment</p> <ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• chopping board• large bowl• frypan
<p>What to do</p> <ol style="list-style-type: none">1. For the omelettes, mix the eggs, garlic, ginger and spring onions with some sea salt and freshly ground black pepper.2. Fold through the tofu.3. Heat a little oil in a large, non-stick frying pan, ladle in tablespoons of the omelette mix, and cook for 2 minutes on each side.4. Keep warm.	