

## Vegan Fry

### Ingredients for 2

#### *For the hash browns*

2 large potato, peeled and grated

#### *For the tomatoes and mushrooms*

1 beef tomato cut in half

sunflower oil

2 tsp maple syrup

1 tsp soy sauce

¼ tsp smoked paprika

1 large Portobello mushroom, sliced

#### *For the scrambled tofu*

350g pack silken tofu (you can use firm)

2 tbsp nutritional yeast

½ tsp turmeric

#### *To serve*

4 vegan sausages

1 x 200g can baked beans

### Method

#### STEP 1

Grate the potato and wrap the gratings in a clean tea towel, squeeze as much water out of the potatoes as you can. Once dried, sprinkle well with salt and form into flat disc shape, you can do one big on or a few small ones. Heat some oil over medium heat, and place down the discs. Using your hands, shape the hash browns if needs be. At this point put a lid on the frying pan. We want to steam and fry at the same time. Leave cook for 5/6 minutes on the that side, checking occasionally that it isn't browning too quickly (lower heat if it is) and add more oil if needs be. Flip the hash brown and cook again covered until the other side is crisp too

#### STEP 2

On a hot chargrill cook the tomatoes cut side down until charred keep warm in the oven. Cook the beans and sausages following the instructions on the pack so they're ready to serve at the same time as the scrambled tofu.

#### STEP 3

Meanwhile, mix the maple syrup, soy sauce and ¼ tsp smoked paprika together in a large bowl, add the sliced mushroom and toss to coat in the mixture. Leave to stand while you pour 2 tsp sunflower oil into a non-stick frying pan and bring it up to a medium high heat. Fry the mushroom until just starting to turn golden but not charred. Scoop onto a plate and keep warm until serving.

#### STEP 4

Crumble the tofu into your frying pan and sprinkle over the remaining ingredients and a good pinch of salt and pepper. If the pan looks a little dry add a splash more oil. Fry for 3-4 mins or until the tofu is broken into pieces, well coated in the seasoning and hot through.

#### STEP 5

Plate up and enjoy