

Tuna Tostadas

Serves four

FOR THE TUNA:

2 - 7 oz cans tuna in water or oil
1/2 small onion — minced
2 bay leaves
2 garlic cloves — minced
1/2 Serrano pepper — seeded and minced (optional)
1/2 teaspoon cumin
1 teaspoon oregano
4 Roma tomatoes — chopped
1/2 lime — juiced
a handful of chopped cilantro
Salt & Pepper
Oil

Heat a skillet with some oil and add the onion. Cook for a few minutes, until translucent and soft.

Add the bay leaves, garlic, Serrano pepper, cumin and oregano. Drizzle a little more oil on the spices, mix and cook for about one minute — until fragrant.

Add the tuna with the liquid if it is in water. If the tuna is in oil, drain it first and add about 1/4 cup of water.

Mix the tuna with the onion and break it down with a spatula. Leave some small chunks. Don't over mash it.

Add the tomatoes, salt and pepper to taste. Make sure to taste the tuna before adding salt as it might have some already. Mix well and cover the skillet. Simmer for about 20 minutes, uncover and simmer for another 5 to 10 until all the liquid has been absorbed. Turn off the heat.

Taste for salt and adjust. Add the lime juice and mix. Add the cilantro and mix.

FOR THE CABBAGE:

1/4 of a large green or red head of cabbage — finely sliced
1 large or 2 small limes — juiced
Salt
Water

Place the sliced cabbage in a bowl. Add the lime juice and a generous amount of salt.

Mix the cabbage with your hands, gently squeezing it between your fingers for a few minutes.

Add enough water to cover it and set it aside for at least 15 minutes.

Strain and discard all the liquid.

TO ASSEMBLE:

8 tostadas or 8 corn tortillas

Salsa

Avocado slices

Lime wedges

Oil

If you are making your own tostadas, heat enough oil in a deep skillet to about 350F (175C).

Add the tortillas, one by one, and fry until hardened and browned. Flip about half way through. Remove onto a paper towel lined plate.

Place the tortilla on a plate. Add 1/8th of the tuna. Top with salsa, cheese, cabbage, cream and avocado slices. Squeeze some lime on top and enjoy!

You can also serve these inside a hard taco shell. Delish!

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