

MasterFoodsTM

PROFESSIONAL

Baja Style Fish Tostadas
RECIPE

Baja Style Fish Tostadas



<?xml version="1.0"?>

TIME

5

INGREDIENTS

8 items

MAKES

8 servings

A fresh, bright, alternative take on the famous Mexican fish tacos, try these crunchy tostadas with delicate white fish packed with flavour. A quick recipe to put together and serve or done ahead of time.

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INGREDIENTS

For The Avo-Mayo

- 1 avocado, smashed
- 2 tbsp. MasterFoods™ Professional Vegan Mayonnaise
- Juice of ½ a Lime

For The Beetroot Slaw

- 1 large Beetroot, peeled and julienned
- 1 carrot, peeled and julienned
- 200 g Red Cabbage, shredded
- 8 small Corn tortillas
- Olive Oil spray
- 3 tsp. MasterFoods™ Professional Taco Seasoning
- 1 tbsp. Olive Oil
- 2 Limes, plus extra wedges for serving
- 4 small Jalapeños, thinly sliced
- Handful of Coriander for garnish

PRODUCTS USED



MasterFoods Professional Gluten Free Vegan Mayonnaise 2.2kg

[SEE DETAILS](#)



MasterFoods Professional Taco Seasoning 630g

[SEE DETAILS](#)

Cooking Instructions:

1. 1

First, make the avo-mayo, combine all ingredients in a bowl and mix until well combined. Refrigerate until needed.

2. 2
To make the beetroot slaw, combine all ingredients in a bowl and set aside until needed.
3. 3
Preheat an oven 180°C. Arrange tortillas in a single layer on a shallow roasting tray lined with baking paper, and lightly spray with olive oil.
4. 4
Bake for 5 to 10 minutes or until they turn light golden and crispy. Remove from oven and leave to cool.
5. 5
Roll the fish in the taco seasoning until evenly coated. Heat olive oil in a shallow based frying pan over a medium heat.
6. 6
Add fish and cook for 3-5 minutes until just cooked. Squeeze over lime, remove from pan and place onto paper towel to rest.
7. 7
Assemble each tostada with a generous dollop of avo-mayo, beetroot slaw, and top with fish, jalapeño, and fresh coriander. Serve with extra lime on the side.

Tips:

1. 1
Add more crunch to the dish by sprinkling with crispy shallots and garlic chips.
2. 2
Replace the fish with tofu, halloumi, prawns, or poached chicken breast for other alternatives.
3. 3
For some heat, add a squeeze of MasterFoods™ Professional Hot Chilli Sauce to the avo-mayo.

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[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[**Gua Bao Buns**](#)

Cooking time

10 min

Ingredients

11 items

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[**New York Inspired Tagliatelle Pasta**](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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