

Tuna Tostada with Adobo Crema

Average user rating: ★★☆☆ (from 1 user(s))



Latin inspired snack or appetizer that features MINOR'S® Red Chile Adobo Flavor Concentrate.

Yield	20 lbs 4 oz + 2-1/4 cup sauce (108/3-1/8oz servings)
Serves	108
Preparation time	10 minutes
Cooking time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1/2	oz	1	tblsp	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
12.5	oz	1-1/2	cups	Sour cream	
4	oz	1/2	cup	Mayonnaise	
1	oz	2	tblsp	Lime juice, fresh	
34	oz	54	each	Corn Tortilla	
158	oz			Tuna	Ahi
8.5	oz	1	cup	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
26	oz	3-1/3	cups	Olive oil	
93	oz	27	each	Avocados	

Preparation Steps

1. In a mixing bowl, combine Red Chile Adobo Flavor Concentrate, sour cream, mayonnaise and lime juice. Season to taste and reserve.
2. Fry corn tortilla in the fryer, making sure it remains flat. Once crispy, remove from fryer and season. Reserve.
3. Portion tuna into 3 oz blocks and place in storage container. Combine Red Chile Adobo Flavor Concentrate with oil. Whisk together thoroughly. Completely cover the tuna in the marinade, and refrigerate for 1 hour.
4. Preheat grill on high. Grill tuna steak to desired doneness. Set aside.
5. Slice one tuna steak and half an avocado to the same thickness, approximately 1/4 inch. Arrange them in a shingled fashion on the tostada. Drizzle with 1 tsp of Adobo cream.

Chef's tip

Garnish tostada with roasted corn, sliced jalapeno, fresh cilantro, and some lime wedges.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	176
Energy (KJ)	737.3
Protein (g)	10.3
Carbohydrate, total (g)	6.7
Fats, total (g)	12.4
Sugars, total (g)	0.3
Fats, saturated (g)	2.2
Fiber, total dietary (g)	2.3
Sodium (mg)	48.7
Calcium (mg)	26.8
Cholesterol (mg)	21.2

Iron (mg)	0.8
Fats, monounsaturated (g)	7.9
Fats, polyunsaturated (g)	1.8
Vitamin A (µg_RAE)	36
Vitamin C (mg)	3.1
Vitamin D (µg)	1.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.