

Fast Crispy Fish Tostadas



Serves: 4



Cooking Time 25 minutes



Level: Capable



INGREDIENTS

8 small corn tortillas
600g flathead fillets (see notes)
1 tablespoon Mexican seasoning
2 corn cobs, husks and silks removed
1 avocado, stoned, peeled, coarsely chopped
1 red onion, finely chopped
1/2 cup coarsely chopped coriander
1 long red chilli, finely chopped (optional)
2 tablespoons lime juice
1 tablespoon olive oil
1/2 iceberg lettuce, finely shredded
1 carrot, peeled, cut into matchsticks

PREPARATION

1. Preheat oven to 200C. Line a baking tray with baking paper. Place tortillas on the lined tray. Spray with olive oil spray. Bake for 6-8 mins or until crisp.
2. Meanwhile, combine the fish and Mexican seasoning in a large bowl.
3. Heat a frying pan over high heat. Spray corn with oil. Cook, turning occasionally, for 8 mins or until tender and charred.
4. Transfer to a work surface. Use a sharp knife to run down the side of corn to remove the kernels. Place in a bowl with avocado, onion, coriander, chili, if using, and lime juice. Season.
5. Heat the oil in the frying pan over medium heat. Add fish. Cook, turning, for 5-6 mins or until golden brown and cooked through. Transfer to a plate. Coarsely flake fish.
6. Divide the tortillas among serving plates. Top tortillas evenly with the lettuce, carrot, fish and avocado salsa. Serve immediately.

Notes

Fish twist: Try this tasty meal with any firm fish fillets, such as basa or hoki, or swap for chicken breast tenders.