

Tuna, Avocado & Black Bean Tostadas

ツナ、アボカド、ブラックビーンのとスターダ

Serves 2 (3 tostadas)



Ingredients

Tuna Salad

- 140 g tuna, drained ツナ
- 150 g ripe avocado, diced アボカド
- 40 g red onion, finely diced 紫玉ねぎ
- 120 g tomato, seeded and diced トマト
- 10 g cilantro, chopped パクチー

or

- 10 g parsley, chopped パセリ

Lime-Salsa Dressing

- 1 garlic clove / 3 g, finely grated にんにく
- 2 T / 30 g lime juice ライム果汁
- 1 T / 15 g reduced-fat Kewpie mayonnaise キューピーハーフ
- 2 T / 30 g Old El Paso Chunky Salsa サルサ
- Pinch salt + pinch MSG 塩+MSG
- Black pepper to taste 黒こしょう

Black Bean Layer

- 80 g black beans, drained ブラックビーンズ
- 1 tsp / 5 g reduced-fat Kewpie mayonnaise キューピーハーフ
- 1 tsp / 5 g lime juice ライム果汁
- Pinch salt + pinch MSG 塩+MSG

Tostadas

- 3 corn tortillas コーントルティーヤ
- 1 tsp / 5 g canola oil キャノーラ油

Optional Garnishes

- Additional cilantro or parsley パクチー／パセリ
- Lime wedges ライム
- Additional salsa サルサ
- Sriracha (optional) シラチャ

Instructions

1. Make the dressing.
Combine the **garlic, lime juice, mayonnaise, salsa, salt + MSG**, and **black pepper** in a medium bowl. Whisk until smooth.
2. Prepare the vegetables.
Dice the **avocado, red onion, and tomato**. Chop the **cilantro or parsley**.
3. Make the salad.

Add the **tuna, avocado, onion, tomato, and herbs** to the bowl with the dressing. Fold gently until evenly combined, taking care not to mash the avocado completely. Taste and adjust seasoning if needed.

4. Mash the beans.
Place the **black beans** in a small bowl. Add the **mayonnaise, lime juice, salt + MSG**, and mash lightly with a fork. The mixture should remain chunky, with approximately half the beans intact.

 5. Prepare the **tortillas**.
Brush or spray both sides of the tortillas lightly with canola oil.
 6. **Air fry**.
Preheat the air fryer to **190°C**. Arrange the tortillas in a single layer and cook at **190°C** for **4–6 minutes**, turning once halfway through cooking, until crisp and lightly golden.
 7. Cool briefly.
Allow the tortillas to **cool for 2–3 minutes**. They will continue to crisp as they cool.
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Alternative Stovetop Method

8. Fry the tortillas.
Heat a small amount of canola oil in a skillet and fry the tortillas until crisp and golden on both sides. Drain on paper towels.

 9. Add the salsa base.
Spread approximately **1 tsp salsa** over each tostada.
 10. Add the bean layer.
Spread the **black bean mixture** evenly over the salsa.
 11. Add the tuna salad.
Divide the **tuna-avocado mixture** among the three tostadas.
 12. Garnish.
Top with additional **cilantro** or **parsley** if desired. Serve with **lime wedges** and additional **salsa** on the side.
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Suggested Side Dishes

Option 1

- Mexican Lime-Jalapeño Coleslaw メキシカンライム・ハラペーニョコールスロー

Option 2

- Fresh Fruit Salad with Melon and Papaya メロンとパパイヤのフルーツサラダ

Option 3

- Gazpacho ガスパチョ

Option 4

- Chilled Tomato Soup 冷製トマトスープ
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Nutrition

Per Tostada

Kcal total: 250 | Protein: 13 g | Fat: 12 g | Sat Fat: 2 g | Carbs: 24 g | Sugars: 2 g | Fiber: 6 g | Sodium: 300 mg | Omega-3: 0.2 g

Entire Recipe (3 Tostadas)

Kcal total: 750 | Protein: 39 g | Fat: 36 g | Sat Fat: 6 g | Carbs: 72 g | Sugars: 6 g | Fiber: 18 g | Sodium: 900 mg | Omega-3: 0.6 g

Notes

- The black bean layer acts as a flavorful "glue" that helps keep the tuna salad attached to the tostada.
- Old El Paso Chunky Salsa provides heat, acidity, tomato, and onion in one convenient ingredient and eliminates the need for fresh chiles.
- Cilantro provides the most authentic flavor profile, but parsley is an excellent substitute and works particularly well when fresh herbs are growing on the balcony.
- Air-fried tortillas produce crisp tostadas with less oil and less mess than traditional frying.
- The tuna salad may be prepared up to several hours ahead and refrigerated. For best texture, assemble the tostadas immediately before serving.
- This recipe works equally well as a light summer dinner, lunch, or casual entertaining dish.
- For a more substantial meal, serve alongside Mexican Lime-Jalapeño Coleslaw or a chilled tomato-based soup.