

Mexican Tostada with chicken shreds, tomato sauce and tomatillos, Queso fresco, lime

Recipe for 12 Tapas

Description

Mexico will be calling you with this dish.

Note

You can also offer this dish as a main, just adjust the quantities.

The sugar in the tomato sauce will break up the acidity in the taste.

Ingredients

Chicken breast

- 2 Unit(s) Chicken breast
- 3 Sprig(s) Thyme
- 1 Clove(s) Crushed garlic
- Salt and pepper
- Olive oil

Tomatoes sauce

- 1 Can(s) Can of green tomatillo
- 0.50 Can(s) Can of crushed plum tomatoes (28 oz)
- 2 Unit(s) Onion
- 3 Clove(s) Crushed garlic
- 1 Tsp Sugar
- 2 Tbsp Chipotle pepper in adobo sauce
- 1 Tsp Dried Oregano
- Salt and pepper
- Olive oil

Substrate

- 4 Unit(s) Tortilla
- 0.50 Tsp Cumin powder
- 2 Dash Olive oil
- Salt and pepper
- Olive oil

Red beans purée

- 498 Ml Red beans
- Salt and pepper
- Olive oil

Last touch

- 4 Tbsp Chopped parsley
- 70 Gr Queso fresco
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Resting time **1440 mins**

Setting up

Peel and chop the onion, then peel and crush the garlic cloves with the blade of a knife.

Mix the cumin with the olive oil and brush over the tortillas.

Drain the kidney beans and remove the parsley leaves.

Chicken breast

Salt the chicken breasts and sear them in a hot pan with canola oil. Once nicely colored on all sides, place on a baking sheet and finish cooking in the oven for around 20 min.

Make sure the breasts are cooked through, then slice them finely with a knife.

Season with salt and pepper as required.

Tomatoes sauce

Brown your onions in a pan with a drizzle of olive oil. Add the peeled garlic cloves, chilli pepper and dried oregano.

Add the cans of red and green tomatoes and the sugar, mix well and cook over a low heat for 30 minutes. Stir regularly to avoid sticking to the bottom.

Cooking evaporates the water, concentrates the flavors and thickens the sauce.

Using a hand blender, blend until smooth. Season to taste with salt and pepper.

Red bean purée

Purée

In a blender or food processor, blend the kidney beans with a generous drizzle of olive oil and season with salt and pepper.

Tortillas

You either have small tortillas and you leave them as, or big ones that you can cut in triangles. Deep fry them (ideally without coloration).

Drain the excess oil, they're now called **tostadas**.

Platting and finish

On the Tostadas, spread the kidney bean purée, place the shredded chicken with tomato sauce on top, and finish with the crumbled Queso fresco cheese and a parsley leaf.

Bon appétit!