Chicken Tostadas with Charred Pineapple Slaw

6 small tostadas; 3 per person with half of all chicken, slaw and avocado | Active 35 min | Cook 25 min | Total 50 min

Ingredients

• 6 plain soft corn tortillas, about 5 inches/13 cm across (150 g total)

• 10 1/2 oz boneless skinless chicken breast (300 g raw edible weight)

• 7 oz fresh pineapple, skin and core removed, cut into broad 1/2-inch/1.3 cm slices (200 g)

• 5 1/3 oz white cabbage, finely shredded (150 g)

• 1 small avocado, flesh only (100 g)

• 1 tablespoon olive oil (15 ml/13.5 g), divided

• 2 tablespoons lime juice (30 ml/30 g)

• 1 teaspoon ground cumin (2 g)

• 1 teaspoon sweet paprika (2 g)

• About 1/3 teaspoon fine salt (2 g), divided

• A small handful fresh cilantro, chopped (6 g)

Set out

Large rimmed baking tray and cooling rack, 12-inch/30 cm heavy skillet, Kitchen scale, pastry brush and tongs, Separate raw-poultry board and clean ready-to-eat board, Clean holding plate, mixing bowl and food thermometer

Allergens

Check corn tortillas for wheat, sesame and other declared allergens or cross-contact.. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C. Use 1 teaspoon/5 ml oil to brush both sides of all six tortillas lightly. Put in one layer on the tray. Bake for 10–14 minutes, turning after 6 minutes, until dry and crisp with lightly golden edges. Transfer to a rack. If they need two trays, rotate their positions halfway and allow extra time as necessary.

2. Before handling raw chicken, heat the skillet over medium-high heat. Brush the pineapple slices with 1/2 teaspoon/2.5 ml oil and cook for 2–3 minutes per side until browned in patches. Move to a clean board, chop into small pieces and let cool briefly. Toss with cabbage, all the lime juice, cilantro and half the salt.

3. On a separate board, split thick chicken breasts horizontally so every piece is no more than 3/4 inch/2 cm thick. Rub with the remaining 1 1/2 teaspoons/7.5 ml oil, cumin, paprika and remaining salt. Wash hands and raw-poultry utensils. Cook in the hot skillet over medium heat for about 5–6 minutes per side, until each thickest center reaches 165°F/74°C. Transfer to a clean plate and rest for 3 minutes before slicing with a clean knife.

4. Mash the avocado flesh with a fork just before serving. Divide all avocado and sliced chicken among six crisp tortillas. Add a little pineapple-cabbage slaw to each, serving all the remaining slaw equally beside the two plates. Each person receives three tostadas and half the complete slaw.

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Estimated nutrition per serving

Calories: 565 kcal | Protein: 41.0 g | Carbohydrate: 57.6 g | Fat: 20.7 g | Fiber: 11.9 g. One of 2 servings. Batch yield: 6 small tostadas; 3 per person with half of all chicken, slaw and avocado. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Prep the crisp and cold pieces before training

The shells and chilled slaw can be made earlier the same day; cook the chicken when returning and assemble at the table. That keeps the crisp base out of a refrigerator full of moist ingredients and makes the final dinner mostly slicing and serving.

A useful detail

Oil 15 ml is fully allocated:5 ml tortillas,2.5 ml pineapple and 7.5 ml chicken. Chicken is weighed raw without skin or bones; pineapple and avocado weights exclude peel, stone and core. Cooking stages can overlap, but the fruit is prepared before raw-poultry handling.

Another way

Replace the 200 g fresh pineapple with 200 g ripe firm peach flesh, browning broad slices carefully before chopping.

Use 300 g boneless skinless turkey breast in place of chicken, keeping the same thickness and 165°F/74°C endpoint. Recalculate if substituting.

Keep it well

Refrigerate chicken and slaw in separate shallow covered containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Keep avocado covered and cold and use within 1 day for best quality. Store dry shells airtight according to the tortilla package once completely cool. Reheat only the chicken portion needed to 165°F/74°C and re-crisp shells briefly in the oven before assembling; keep the slaw cold.