Tostadas with marinated tempeh, avocado cream and roasted tomato salsa



Serves 4-6

Ingredients

Roasted tomato salsa

45 ml (3 tablespoons) olive oil
4 tomatoes, quartered
1 red onion, chopped
1 jalapeño, seeded and chopped
60 ml (¼ cup) corn kernels, fresh or frozen
Cilantro leaves, chopped
Zest and juice of 1 lime
Salt to taste

Marinated tempeh

240 g (1 package) tempeh, crumbled
2 ml (½ teaspoon) Cayenne
10 ml (2 teaspoons) ground coriander
10 ml (2 teaspoons) paprika
10 ml (2 teaspoons) ground cumin
5 ml (1 teaspoon) smoked paprika
Zest and juice of 1 lime
125 ml (½ cup) vegetable oil

Avocado cream

3 avocados, peeled and pitted
Zest and juice of 1 lime
1 garlic clove, minced
80 ml (⅓ cup) sour cream
Cilantro leaves, to taste

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Salt and pepper

Tostadas

Small tortillas

Vegetable oil

Preparation

1. Preheat oven to 200 °C (400 °F). Transfer onion, tomatoes and jalapeño on a baking sheet. Drizzle with olive oil and bake in the oven for 25 minutes or until golden brown. Set aside.
2. Using a food processor or blender, roughly purée the roasted vegetables with the juice from the pan. Season with salt and pepper. Transfer into a bowl and add corn, cilantro and zest and juice of the lime.
3. For the tempeh, in a bowl, mix all the ingredients. In a large pan, heat oil and cook the tempeh until golden brown.
4. For the avocado cream, using a food processor or blender, purée all the ingredients until smooth and season with salt and pepper.
5. In a pan, heat oil and fry the tortillas. Transfer to a tray lined with paper towel to remove excess oil.
6. Spread the avocado cream on the tortillas and top with tempeh and salsa.