

# Air Fryer Tuna Steak Tostadas with Jicama Slaw

Air frying the tortillas provides a delicious, crispy base for the air-fried fish and sweet, crunchy slaw.

## Ingredients


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 **Servings** 4 **Serving Size** 2 tostadas

2 tablespoons fresh lime juice  
2 teaspoons olive oil  
1 teaspoon chili powder and 1 teaspoon chili powder, divided use  
1 teaspoon ground cumin  
4 tuna steaks (about 4 ounces each)  
8 6-inch corn tortillas  
Cooking spray  
2 cups shredded red cabbage (about 1/2 small head)  
2 cups peeled and diced jicama (about 1 small)  
1 medium mango, diced  
1 tablespoon plus 1 teaspoon honey  
2 medium limes, cut into 4 wedges each  
1/4 cup coarsely chopped fresh cilantro (optional)

## Directions

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 **Tip:** Click on step to mark as complete.

In a large glass dish, stir together the lime juice, oil, 1 teaspoon chili powder and cumin. Add the fish, turning to coat. Cover and refrigerate for 15 minutes to 1 hour, turning several times. Drain the fish, discarding the marinade.

When the fish is done marinating, preheat the air fryer to 380°F. Arrange the fish in a single layer in the air fryer basket. (Don't overcrowd; work in batches as needed.) Cook for 3 to 4 minutes on each side, or until the desired doneness. Let the fish stand for 5 minutes. Cut into thin slices across the grain.

Meanwhile, increase the heat to 400°F. Lightly spray the tortillas with cooking spray. Working in batches, cook the tortillas for 3 minutes on each side, or until golden brown and crispy.

To assemble the tostadas, put the following, in order, on each tortilla: 1/4 cup cabbage, 1/4 cup jicama, 1/8 of the mango and 1/8 of the fish. Drizzle each with 1/2 teaspoon honey. Squeeze 1 lime wedge over each. Sprinkle each with 1/8 teaspoon of the remaining chili powder. Sprinkle with the cilantro. Serve immediately.

Quick Tips



**Cooking Tip:** No air fryer? No worries. Preheat the grill on medium-high heat. Grill the fish for 3 to 5 minutes on each side, or until the desired doneness. Let the fish stand for 5 minutes. Cut into thin slices across the grain. Meanwhile, lightly spray the tortillas with cooking spray. Grill for 2 to 3 minutes, or until golden brown and crispy.

**Tip:**

With its origins in Mexico and South America, jicama, also called Mexican potato, is a large, bulbous root vegetable with a thin, brown skin and white, crunchy flesh. Its nutty flavor is good both raw and cooked. Store it in the refrigerator in a plastic bag for up to 2 weeks.

 Calories

318 Per Serving

 Protein

31g Per Serving

 Fiber

7g Per Serving

## Nutrition Facts

<b>Calories</b>	318
<b>Total Fat</b>	4.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	44 mg
<b>Sodium</b>	129 mg
<b>Total Carbohydrate</b>	41 g
Dietary Fiber	7 g
Sugars	20 g
Added Sugars	6 g
<b>Protein</b>	31 g

**Dietary Exchanges**

1 1/2 fruit, 1 1/2 starch, 3 lean meat