



## OVEN-BAKED SOUTHWESTERN FALAFEL

Pupusas were first created by the Pibil tribes of El Salvador thousands of years ago. Following a traditional family recipe, our Pupusas are full of delicious and fresh ingredients. We pack them with a combination of rich flavors, perfect for everyone to enjoy.



**10**

Minutes  
Prep Time



**12**

Minutes  
Cook Time



**4-5**

Servings

### INGREDIENTS

- 1 cup Del Real Foods® Frijoles Refritos
- 1 package Del Real Foods® Cheese & Bell Pepper Pupusas, room temp
- 2 tbsp Del Real Foods® Salsa de Molcajete Verde
- 1 egg
- 2 tbsp crumbled Cotija Cheese (or a Cotija-queso fresco blend)
- ¼ cup Fresh Cilantro, chopped
- 3 tbsp Flour
- ½ tsp Ancho Chile Powder
- ½ tsp Cumin

#### Escabeche:

- 2 Jalepeños, sliced into rings
- 2 Radish, sliced
- 1 Large Carrot, sliced
- 8 Chili De Arbol
- 1 Small Red Onion, sliced
- 4 Cloves Garlic, thinly sliced
- 1 ½ cups white Distilled Vinegar
- 1 ½ cups water
- 3 tsp of salt
- 1 tsp sugar
- 1 tsp pickling spices
- ½ tsp Mexican oregano

#### Garnish:

- chopped cilantro
- Queso Fresco
- Escabeche
- Sliced Avocado
- Del Real Foods® Salsa de Molcajete Verde

### PREPARATION

#### Escabeche:

In a large pan, preheat the olive oil to medium for a few minutes. Add the first 4 ingredients and saute for 5 minutes. Add the onions and garlic and cook for another minute. In a large measuring cup, mix the vinegar, water, salt and sugar. Taste for seasonings and adjust as needed. Add liquids and remaining spices and cook at a low simmer for 10 minutes. Let cool at room temperature, then chill. Store in refrigerator in an airtight container for 4 weeks.

#### Pupusas:

Pre-heat oven to 450 degrees. Prepare Falafel by combining Del Real Foods® Frijoles Refritos, egg, spices, flour, cheese, and salsa to form a thick, wet batter. With a cookie scoop, drop a heaping tablespoon of batter onto parchment covered baking sheet, spaced evenly. Bake for 7 minutes. While the falafel is baking, slice avocado and chop cilantro. After 7 minutes, flip the falafel over; place the pupusas on another baking sheet and place in the oven. Bake an additional 5 minutes; remove from oven and let rest for 1 minute. Slice the pupusas in half, carefully stuff them with falafel and garnish with toppings. (Careful, as the cheese filling will be hot) You can also serve with grilled vegetables and Del Real Foods® Arroz Mexicano.