

Beef Pupusas & Curtido Slaw

A fresh marinade gives Flank Steak flavorful tenderness before it's sliced to serve atop pupusas with a crunchy slaw with tropical fruit.

INGREDIENTS

1-1/2 pounds beef Flank Steak
 1/4 cup fresh cilantro, chopped (optional)
 3/4 cup fresh cilantro, chopped
 1/2 cup chopped fresh mango
 1/2 cup chopped fresh pineapple
 1/3 cup fresh lime juice
 1/3 cup olive oil
 2 tablespoons achiote paste
 2 cloves garlic, chopped
 1/4 teaspoon pepper
 1 package (16 ounces) coleslaw mix (about 7-1/2 cups)
 1 small red onion, thinly sliced
 1-1/2 cups chopped fresh mangoes
 1-1/2 cups chopped fresh pineapple
 2 cups instant corn masa
 1-3/4 cups water
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1 cup shredded Monterey Jack cheese



1.17
Hours



6
Servings



42 Cal



34g
Protein

COOKING


1. Place Marinade ingredients in food processor or blender container. Cover; process until almost smooth. Cover and refrigerate 3/4 cup for dressing; cover and refrigerate. Place beef steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Combine Slaw ingredients and reserved 3/4 cup marinade in large bowl; toss to coat. Season with salt, as desired. Cover and refrigerate until ready to serve.
3. Prepare Pupusas. Combine corn masa, 1-1/2 cups water, salt and pepper in large bowl until soft dough forms. Gradually add more water, if necessary. Divide dough into 6 equal balls. Make indentation in center of each ball; fill with about 2-1/2 tablespoons cheese. Push dough up and around cheese to completely enclose. Flatten balls

with hands or rolling pin into 6-inch discs, making sure dough stays sealed. Cover with damp paper towels until ready to cook. Spray large skillet or griddle with nonstick cooking spray; heat over medium-high heat until hot. Place pupusas in skillet in batches; cook 2 to 4 minutes or until lightly browned, turning once. Keep warm.

4. Meanwhile, remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Remove; let stand 5 to 10 minutes. Carve steak across the grain into thin slices. Season with salt, as desired.

5. Place 1 pupusa on each serving plate. Top with slaw and beef. Garnish with cilantro, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		23g	58mg		53g	34g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com