

Mole Sauce (Brown) Chicken and Rice (Sous Vide) **This recipe serves: 4**

November 30th, 2021

Prep Time: 00:15

Cook Time: 02:00

This is an easy recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

4 Chicken Breasts, boneless and skinless

1/4 Teaspoon Table Salt

Olive Oil

Garlic, minced

Unsweetened Cocoa Powder

Cinnamon Powder

Jalapeño, minced

Sesame Seeds

Directions:

Salt the Chicken Breasts.

In a small bowl, mix the Olive Oil, Garlic, Cocoa Powder, Cinnamon Powder, and Jalapeño.

Use the Spice mix to coat the Chicken Breasts liberally.

Place the Chicken into a Sous Vide bag, in a single layer.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

Sous Vide at 145° F for 2 hours (3 hours if frozen).

Remove the bag from the Sous Vide.

Serve each Chicken Breast with Basmati Rice, and a grilled Zucchini slices.

Sprinkle with Sesame Seeds.