

Mole Sauce (Green) Chicken and Rice

January 26th, 2019

This recipe serves: 4

Prep Time: 00:15

Cook Time: 01:00

Mole is a Spanish word meaning "sauce", as used in the word "guacamole". Traditional green mole is typically made with roasted pumpkin seeds. This peasant dish can be made with nearly any other available ingredients. Here is my favorite Green Mole Sauce...

Ingredients:

2 pounds of Tomatillos - Oven Roasted

4 Poblano Peppers - Oven Roasted

2 Jalapeno Peppers - Oven Roasted

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

1 oz Radish Greens, Mustard Greens, or Baby Arugula

1 oz Cilantro leaves

2 Tablespoons raw Sesame Seeds

4 Tablespoons raw Pumpkin Seeds

2 Zucchini squash cut lengthwise in thin slices

1/2 Cup Chicken Stock

1 pound Poached Chicken reserving the Chicken Stock for later

Directions:

In a large blender, add the Tomatillos, Peppers, garlic, radish greens, and cilantro leaves

Add about half a cup of Chicken Stock. Pulse until mixed.

Heat a dry pan and roast the Pumpkin Seeds and the Sesame Seeds. Add to the sauce in the blender and blend thoroughly.

Heat a pan with a small amount of Olive Oil. Fry each Zucchini slice until both sides are browned.

Plate a bed of Basmati Rice

. Cover with a few slices of Zucchini. Add pieces of the poached Chicken. Cover generously with Green Mole Sauce. Garnish with a sprinkling of Sesame Seeds.