

SEASONAL BLEND: SLOW COOKER MOLE POBLANO



MAKE THIS AGAIN!

SEASONAL BLEND

Find this blend online, or substitute with these everyday Spicery Larder ingredients:

1 tsp chilli powder, 1 ½ tsp mixed spice, ½ tsp sweet smoked paprika and ½ tsp cumin seeds

Discover more about the Spicery larder at thespicery.com/larder

SLOW COOKER MOLE POBLANO

The word mole (pronounced mo-lay) translates as 'mixture' or 'sauce' - there are many different varieties, but mole poblano, which hails from Puebla in central Mexico, is perhaps the best known and considered Mexico's national dish. It famously contains xocolatl or chocolate which contributes to its rich, dark colour as well as its unique and very delicious flavour!

Prep	Cook
20 mins	1 hr 40 mins
Heat	Serves
	4

- 500g **diced chicken** (thighs are best)
- ½ **red onion** - roughly chopped
- 2 **cloves of garlic** - roughly chopped
- 2 **tomatoes** - roughly chopped
- 25g **raisins**
- 25g **ground almonds**
- 15g **dark chocolate** or **chocolate chips** - cut into small pieces
- **Rice** or **beans** and **salad** to serve

- 1 Blend the onion, garlic, tomatoes, raisins, ground almonds, 1 tbsp oil, 200ml water, **MOLE POBLANO BLEND** and 1 tsp salt to a smooth sauce
- 2 Place the chicken and the sauce in a deep pan then cover and simmer on a low heat, stirring occasionally and adding an extra splash of water if necessary, for 1 ½ hours on a low heat (or 4+ hours in the slow cooker) or until the chicken is cooked through and the sauce is rich and thick
- 3 Stir the chocolate into the sauce until fully melted before serving
- 4 Serve the mole with the rice or beans and salad

(1 portion of
MOLE POBLANO BLEND =
3 tbsp)

If you're making a bigger batch, scale up the fresh ingredients in proportion but the spices only by ⅓ or it will be too spicy!