Vegetable Molè

**Season:** Summer  
**Type:** Mexican main dish  
**Difficulty:** 🍎🍎  
**Serves:** 6  
**From the garden:** Pumpkin, potato, carrot, onion, garlic, oregano

### Equipment:
- Oven tray
- Knife
- Chopping board and mat
- Large bowl
- Large saucepan
- Wooden spoon
- Measuring cups and spoons

### Ingredients:

#### Filling
- ⅓ to ½ cup each pumpkin, potatoes, and carrot (peel the carrot and pumpkin), diced
- 1 onion, diced
- 1 Tblsp olive oil
- 1 tsp cumin
- ¼ tsp salt
- ⅛ tsp ground black pepper

#### Molè Sauce
- 2 ¼ cups vegetable stock
- 1 ½ Tblsp. olive oil
- ½ cup onion, chopped
- 1 ½ Tblsp garlic, minced
- ½ tsp dried oregano
- ½ tsp cumin
- ⅛ tsp ground cinnamon
- 1 tsp chilli powder
- 1 ½ Tblsp plain flour
- 40g. dark chocolate, chopped

### Method:
- Preheat the oven to 200°C.
- Grease a tray with oil.
- Toss the vegetables, cumin, onion, olive oil, salt, and pepper together in a large bowl.
- Spread the vegetable mixture onto the baking sheet and roast 45-50 minutes or until they are soft and lightly browned, stirring once or twice during the roasting time.

**Make the mole sauce while the vegetables roast.**

- Heat 1 ½ Tblsp olive oil in a large saucepan over medium-low heat.
- Add the onion, garlic, oregano, cumin, and cinnamon to the hot oil. Cover and cook until onion is almost tender (about 10 minutes). Stir occasionally during the cooking process.
- Mix in the chilli powder and flour. Stir three minutes.
- Gradually mix in the stock and increase the heat to medium-high.
- Boil until reduced -about 15 or 16 minutes. Stir occasionally.
- Remove from the heat and stir in the chocolate.
- Remove the vegetables from the oven and place in the mole sauce stir gently.