

Vegetable Molè

Season: Summer

Type: Mexican main dish

Difficulty: 🍴 🍴

Serves: 6

From the garden: Pumpkin, potato, carrot, onion, garlic, oregano



<p>Equipment: Oven tray Knife Chopping board and mat Large bowl Large saucepan Wooden spoon Measuring cups and spoons</p>	<p>Ingredients: <u>Filling</u> 1/3 to 1/2 cup each pumpkin, potatoes, and carrot (peel the carrot and pumpkin), diced 1 onion, diced 1 Tbsp olive oil 1 tsp cumin 1/4 tsp salt 1/8 tsp ground black pepper <u>Molè Sauce</u> 2 1/4 cups vegetable stock 1 1/2 Tbsp. olive oil 1/2 cup onion, chopped 1 1/2 Tbsp garlic, minced 1/2 tsp dried oregano 1/2 tsp cumin 1/8 tsp ground cinnamon 1 tsp chilli powder 1 1/2 Tbsp plain flour 40g. dark chocolate, chopped</p>
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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 1/2 Tbsp 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.