

# Chicken Mole

*with Sweet Potatoes, Avocado & Queso Fresco*

According to legend, two nuns in 17<sup>th</sup>-Century Mexico learned that the archbishop would be visiting their convent. They concocted a meal with all of their on-hand ingredients, including poultry, chile peppers and even a little chocolate. The result—mole, or in Spanish, simply “mix”—was spectacular, and we’re honoring it here. Using an authentic blend of spices and Mexican dark chocolate, we’re preparing a rich mole sauce for tender chicken.



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 4 Ounces Queso Fresco
- 2 Pounds Sweet Potatoes
- 1 Lime
- 1 Avocado
- 1 Red Onion
- 1 Large Bunch Cilantro

## Knick Knacks

- 3 Tablespoons Tomato Paste
- 2 Tablespoons Agave Nectar
- 1¼ Ounces Mexican Dark Chocolate
- 1 Tablespoon Chicken Mole Spice Blend  
*(Chipotle Chile Powder, Smoked Paprika, Ground Cumin, Ground Coriander, Granulated Garlic & Ground Cinnamon)*

**Makes 4 Servings**

**About 700 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**





# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp50](https://blueapron.com/recipes/fp50)

1



## Prepare the ingredients:

Preheat the oven to 450°F. Remove the chicken from the refrigerator to bring to room temperature. Wash and dry the fresh produce. Cut the sweet potatoes into ½-inch-thick rounds. Peel and thinly slice the onion. Quarter the lime. Pit, peel and medium dice the avocado; season with salt and pepper and toss with **the juice of 1 lime wedge** to prevent browning. Pick the cilantro leaves off the stems; discard the stems. Crumble the queso fresco.

2



## Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 18 to 20 minutes, or until golden brown and tender when pierced with a fork. Transfer to a serving dish.

3



## Cook the chicken:

Pat the **chicken** dry with paper towels; season on both sides with salt, pepper and **a pinch of the spice blend**. In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes per side, or until golden brown and cooked through (the juices should run clear). Transfer to a plate and set aside in a warm place, leaving any browned bits (or fond) in the pan.

4



## Start the sauce:

Add 1 tablespoon of olive oil to the pan of reserved fond. Heat on medium-high until hot. Add the **onion** and **remaining spice blend**. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **tomato paste** and cook, stirring constantly, 1 to 2 minutes, or until dark red.

5



## Finish the sauce & chicken:

To the pan of onion and tomato paste, add the **agave nectar**, **chocolate** (breaking apart before adding), **1 cup of water** and **the juice of the remaining lime wedges**. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the chocolate has melted. Add the **cooked chicken** and cook, occasionally spooning the sauce over the chicken, 1 to 2 minutes, or until thoroughly coated. Transfer to a serving dish.

6



## Serve your dish:

Garnish the **finished chicken** and **roasted sweet potatoes** with the **queso fresco** and **cilantro**. Top the sweet potatoes with the **avocado**. Enjoy!