

Hass Avocado Mole Verde

If asked about what dish truly represents Mexican cuisine, I'm sure twenty different people could give twenty different answers - but it would be hard to deny that mole (in all its various forms) would rank high on the list. Mole originated in the state of Oaxaca, Mexico - it is well known across the globe and has many styles, colors, textures, and flavors. Some traditional mole recipes have 25 individual ingredients. This avocado Mole Verde is a vibrant green sauce with fresh verdant flavors, is rich in omega-3 fatty acids - and even is vegan to boot.

Ingredients



Yield: 6 cups

Use excess Mole Verde with other proteins: grilled chicken, steak, or seafood

- 2 avocados (Hass)
- 1 bunch of cilantro
- 1 bunch of parsley
- 1 pound of roasted tomatillos
- 2 roasted jalapenos
- 1 tablespoon of ground fennel seeds
- 1 tablespoon of marjoram
- 3 tablespoons of ground cumin
- 1.5 cup of salted and roasted pistachios
- 1 medium diced onion (sweet)
- 1 cup of unsalted vegetable stock
- 2 to 3 tablespoons Maldon salt (season to taste)

Optional - Grilled corn or any grilled veggies for vegan taco garnish

Directions

See video for instructions

Kitchen Tools Needed

- 1 blender (Vitamix)
- Backyard Grill
- 1 saute pan
- 4 serving plates

Pulled Jackfruit Tacos with Avocado Mole Verde

- Fresh Shaved Jimica (Trader Joe's)
- 1 can of jackfruit or 1# of Jackfruit (Trader Joe's)
- 1 bunch of cilantro or cilantro blossoms
- 1 cup of Avocado Mole Verde



Drea's Pineapple Habanero Hot Sauce (optional)

For recipe e-mail andreamichelle34@gmail.com

Assembling Vegan Tacos

See video for instructions



- Recipe courtesy of chef Andrea Machuca-Kirkland -