

SAUCES & DIPS

Chicken Mole Poblano

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
100 min	25 min	75 min	6	\$3.13	780 kcal

Need a gluten free and dairy free sauce? Chicken Mole Poblano could be an amazing recipe to try. This recipe makes 6 servings with 985 calories, 38g of protein, and 50g of fat each. For \$3.13 per serving, this recipe covers 31% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 ounces bittersweet chocolate, preferably Mexican, chopped

☐ 1 large capon or large chicken, cut into 10 pieces

☐ 2 dried ancho chilies, stemmed and seeded

☐ 2 dried chipotle chilies, stemmed and seeded

☐ 1 cinnamon stick, preferably Mexican, broken in pieces

☐ 4 sprigs fresh thyme, leaves only

☐ ¼ cup golden raisins

☐ 1 lime, juiced

☐ 3 tablespoons extra-virgin olive oil

☐ 1 onion, thinly sliced

☐ 1 tablespoon dried oregano, preferably Mexican

☐ 4 radishes, thinly sliced

☐ ¼ cup sesame seeds
- ☐ 1 tablespoon whole black peppercorns

☐ 2 cups chicken stock

☐ 2 dried anaheim chilies, stemmed and seeded

☐ 6 servings Cilantro leaves, for garnish

☐ 6 servings Cooked white rice, for serving

☐ 3 cloves garlic, chopped

☐ 1 lemon, juiced

☐ 6 servings Kosher salt and freshly ground black pepper

☐ 5 tablespoons extra-virgin olive oil

☐ 2 onions, sliced

☐ 6 plum tomatoes, chopped

☐ 2 serrano peppers, stemmed and seeded

☐ ¼ cup whole almonds

Method

- 1 For the mole: Tear the ancho, anaheim, and chipotle chiles into large pieces and toast them in a dry skillet over medium heat until they change color a bit, about 2 minutes.
- 2 Put them into a bowl with the raisins and cover them with hot water. Soak until softened, about 30 minutes. In the same skillet over medium heat, add the almonds, sesame seeds, peppercorns, cinnamon stick, oregano, and thyme. Toast for 2 minutes, grind in a spice grinder, and add the powder to a blender. In the same skillet over medium-high heat add the olive oil, onions, garlic, and serrano. Cook until lightly browned, then add the tomatoes. Cook until vegetables are softened, about 10 to 15 minutes, then add to the blender.
- 3 Add the chocolate and the soaked chiles and raisins to the blender along with some of the chile soaking liquid. Puree, adding more soaking liquid as needed, to make a smooth sauce. (This makes about 4 cups sauce, the recipe uses 2 cups, the extra can be frozen).
- 4 Pour the lemon juice over the chicken and season it well with salt and pepper.
- 5 Heat 3 tablespoons olive oil in a large heavy-bottomed skillet and brown the chicken on all sides; remove the browned chicken to a plate leaving the oil in the pan.
- 6 Pour 2 cups of the mole sauce into the hot skillet and simmer for about 5 minutes.
- 7 Add the chicken stock and return the chicken pieces to the pan. Simmer, covered, until the chicken is cooked through, about 20 to 25 minutes.
- 8 Meanwhile, put the onion and radish slices into a bowl.
- 9 Add the lime juice and remaining 2 tablespoons olive oil and season with salt.
- 10 Mix well and serve with the chicken.
- 11 Serve over cooked white rice with the onion and radish salad.
- 12 Garnish everything with cilantro leaves.

Nutrition per serving

780

KCAL

33 g

PROTEIN

49 g

FAT

53 g

CARBS

Saturated Fat	11.3 g · 70% of daily needs
Fibre	7 g · 28% of daily needs
Sugar	15.6 g · 17% of daily needs
Sodium	219 mg · 10% of daily needs
Cholesterol	98.2 mg · 33% of daily needs
Vitamin C	64.4 mg · 78% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/chicken-mole-poblano-148303