

DINNERLY



Salmon & Mashed Potato Gravy Bowl

with Garlic-Parmesan Broccoli & Carrots

This version of the recipe is customized with salmon.



20-30min



2 Servings

WHAT WE SEND

- 3 Yukon gold potatoes
- ½ lb broccoli
- 1 red onion
- 2 carrots
- 1 pkt vegetable broth concentrate
- 2 (¾ oz) pieces Parmesan ⁷
- 10 oz pkg salmon filets ⁴

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- all-purpose flour ¹
- olive oil
- butter ⁷

TOOLS

- medium saucepan
- microplane or grater
- rimmed baking sheet
- potato masher or fork
- medium nonstick skillet

ALLERGENS

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1140kcal, Fat 71g, Carbs 86g, Protein 48g



1. Boil potatoes

Preheat oven to 450°F with a rack in the lower third.

Peel **potatoes**; cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat; uncover, and cook until easily pierced with a fork, 10–12 minutes. Reserve **⅓ cup cooking water**; drain and return potatoes to saucepan. Cover to keep warm off heat until step 4.



4. Mash potatoes

Return saucepan with **potatoes** over medium heat. Add **reserved cooking water**, **2 tablespoons butter**, and **1 tablespoon oil**. Mash with a potato masher or fork; season to taste with **salt** and **pepper**. Cover to keep warm.

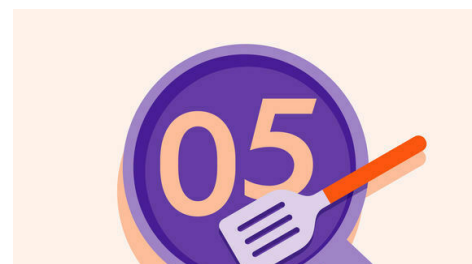


2. Prep ingredients

Cut **broccoli** into 1-inch florets, if necessary. Halve **onion** lengthwise, then slice into ½-inch wedges. Scrub **carrots**, then cut on an angle into ½-inch slices. Finely chop **2 teaspoons garlic**.

In a liquid measuring cup, whisk to combine **broth concentrate**, **⅓ cup water**, and **2 teaspoons flour**.

Finely grate **all of the Parmesan**.



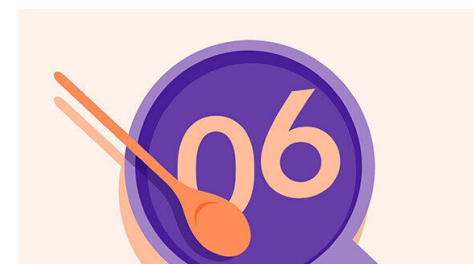
5. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate and wipe out skillet.



3. Roast veggies

On a rimmed baking sheet, toss **broccoli**, **onions**, and **carrots** with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on lower oven rack until tender and browned in spots, about 15 minutes. Sprinkle with **Parmesan** and **half of the chopped garlic**; roast until cheese is golden-brown and crisp, 3–5 minutes more.



6. Make gravy & serve

To same skillet, melt **1 tablespoon butter** over medium-high heat. Add **remaining garlic**; cook, stirring, until fragrant, 30 seconds. Add **broth mixture**; bring to a boil over high. Reduce heat to medium; simmer, stirring occasionally, until reduced to ⅓ cup, 2–3 minutes. Season with **salt** and **pepper**.

Serve **mashed potatoes** and **gravy** with **veggies** and **salmon**. Enjoy!