

DINNERLY



Mashed Potato & Gravy Bowl with Garlic-Parmesan Broccoli & Carrots

 20-30min  2 Servings

Would we eat a whole bowl of gravy if we could? Yes. But for the sake of our arteries, we paired that gravy with fluffy mashed potatoes and a load of roasted veggies. Comfort food to the max. We've got you covered!

WHAT WE SEND

- 12 oz Yukon gold potatoes
- ½ lb broccoli
- 1 red onion
- 6 oz carrots
- 1 pkt vegetable broth concentrate
- 2 (¾ oz) Parmesan ¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- all-purpose flour (or gluten-free alternative)
- olive oil
- butter ¹

TOOLS

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

ALLERGENS

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

NUTRITION PER SERVING

Calories 690kcal, Fat 46g, Carbs 60g, Protein 17g



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**. Transfer to a bowl and cover to keep warm.

Wipe out saucepan; melt **1 tablespoon butter** over medium-high heat.



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**, if necessary.



5. Make gravy & serve

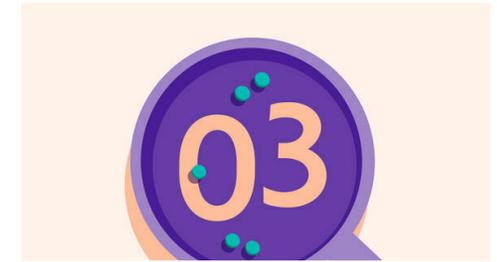
To saucepan with **butter**, add **remaining chopped garlic**; cook, stirring, until fragrant, about 30 seconds. Add **broth mixture**; bring to a boil over high. Reduce heat to medium; simmer, stirring occasionally, until reduced to ⅓ cup, 2–3 minutes more. Season with **salt** and **pepper**.

Serve **mashed potato & gravy bowls** topped with **garlic-Parmesan veggies**.

Enjoy!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

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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. Did you know?

All of our sites in the US will be running on renewable energy in 2022.