

# DINNERLY



## Monster Mash-ed Potato Bowl with Garlic-Parmesan Veggies

 20-30min  2 Servings

From our kitchen in the castle east to the couch where the vampires feast. The ghouls all came from their humble abodes. To get a jolt from our veggie electrodes. They did the mash, they did the Dinnerly mash. The monster mash-ed, it was a graveyard smash. We've got you covered!

## WHAT WE SEND

- 21 oz Yukon gold potatoes
- ½ lb broccoli
- 1 medium red onion
- 2 carrots
- ¾ oz piece Parmesan
- garlic (use 2 large cloves)
- 1 pkt vegetable broth concentrate

## WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- olive oil
- butter <sup>7</sup>

## TOOLS

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

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 720kcal, Fat 41g, Carbs 81g, Proteins 15g



### 1. Cook potatoes

Preheat oven to 450°F with a rack in the lower third. Peel **potatoes** and cut into 1-inch cubes. Place potatoes in a medium saucepan with enough **salted water** to cover by 1 inch; cover and bring to a boil. Cook, uncovered, until tender when pierced with a fork or knife, 10–12 minutes. Reserve **⅓ cup potato water**, then drain and return to saucepan. Cover to keep warm off the heat.



### 4. Mash potatoes

Return saucepan with **potatoes** to medium. Stir in **reserved potato water**, **2 tablespoons butter**, and **1 tablespoon oil**. Mash with potato masher or fork; season to taste with **salt and pepper**. Transfer **mashed potatoes** to bowl; cover to keep warm. Wipe out saucepan, add **1 tablespoon butter**, and melt over medium-high.



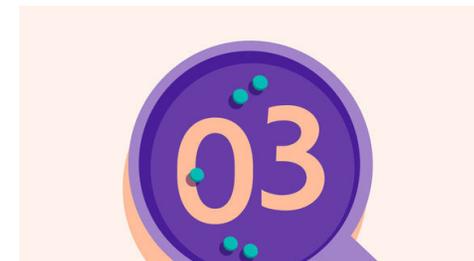
### 2. Prep ingredients

Cut **broccoli** into 1-inch florets. Halve **onion**, then peel and cut into ½-inch wide wedges through root end. Scrub **carrots**, then trim and discard ends; cut on an angle into ½-inch thick slices. Finely grate **Parmesan**. Peel and finely chop **2 teaspoons garlic**. In a liquid measuring cup, whisk to combine **broth concentrate**, **⅓ cup water**, and **2 teaspoons flour**.



### 5. Make gravy & serve

Add **remaining garlic** to saucepan with **butter**; cook, stirring, until fragrant, 1–2 minutes. Add **broth** and bring to a boil over high. Lower heat to medium, then simmer, stirring occasionally, until reduced to **⅓ cup**, 2–3 minutes; season with **salt and pepper**. Divide **mashed potatoes** between bowls, then serve topped with **garlic-Parmesan veggies** and **creamy gravy**. Enjoy!



### 3. Roast veggies

Transfer **broccoli, onions, and carrots** to a rimmed baking sheet, then toss 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**, then return to lower oven rack and roast until cheese is golden-brown and crisp, 3–5 minutes.



### 6. Make it meaty!

Even monsters need their daily dose of protein. Amp up this devilish bowl with sliced seared steak or chicken.