

# DINNERLY



## Recipes to SCREAM About: Monster Mash-ed Potato Bowl with Gravy

 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
- 8 oz carrots
- ¾ oz piece Parmesan <sup>2</sup>
- garlic
- 1 pkt vegetable broth concentrate

## WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- olive oil
- butter <sup>2</sup>

## TOOLS

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

## ALLERGENS

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 730kcal, Fat 42g, Carbs 86g, Protein 16g



### 1. Boil potatoes

Preheat oven to 450°F with a rack in the lower third. Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1-inch. Cover saucepan and bring to a boil, then cook, uncovered, until tender when pierced with a fork, 10–12 minutes. Reserve **½ cup cooking water**, then drain and return potatoes to saucepan. Cover to keep warm off the heat.



### 4. Do the monster mash-ed

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



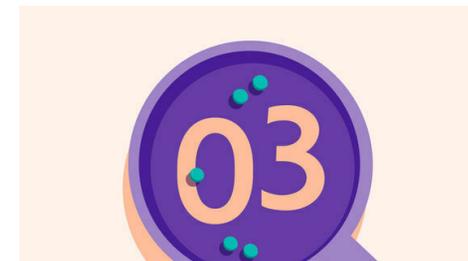
### 2. Prep ingredients

Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Halve **onion** through the root, then slice halves into ½-inch wide wedges. Scrub **carrots**, then cut on an angle into ½-inch thick slices. Finely grate **Parmesan**. Finely chop **2 teaspoons garlic**. In a liquid measuring cup, whisk to combine **broth concentrate**, **⅔ cup water**, and **2 teaspoons flour**.



### 5. Make gravy & serve

Add **remaining garlic** to saucepan with **butter** and cook, stirring, until fragrant, 1–2 minutes. Add **broth mixture**, increase heat to high, and bring to a boil. Reduce heat to medium and simmer, stirring occasionally, until reduced to ⅓ cup, 2–3 minutes. Season with **salt** and **pepper**. Serve **mashed potatoes** topped with **garlic-Parmesan veggies** and **gravy**. Enjoy!



### 3. Roast veggies

Transfer **broccoli, onions**, and **carrots** to a rimmed baking sheet and 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!

We made this a meatless meal on purpose, but if you have carnivores at the table, then check out our handy protein packs! Amp up this veggie bowl with slices of seared steak or grilled chicken.