# **DINNERLY**



# Pan-Roasted Chicken & Mashed **Potatoes**

with Herb Gravy, Peas & Carrots



30-40min 2 Servings



Sometimes all we want is to dig into a big pile of creamy mashed potatoes dripping with gravy. And by sometimes, we mean absolutely all of the time. This meal is easy, pea-sy weeknight meat and potatoes, a.k.a. exactly what you deserve after a long day. We've got you covered!

#### **WHAT WE SEND**

- · 2 russet potatoes
- 1 carrot
- ¼ oz fresh rosemary
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt turkey broth concentrate
- 5 oz peas

#### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- · 4 Tbsp butter 1
- all-purpose flour <sup>2</sup>

# **TOOLS**

- · medium saucepan
- medium skillet
- potato masher or fork

#### **ALLERGENS**

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

#### **NUTRITION PER SERVING**

Calories 620kcal, Fat 26g, Carbs 56g, Protein 42g



# 1. Cook potatoes

Peel potatoes; cut into 1-inch pieces. Place in a medium saucepan with 1 teaspoon salt and enough water to cover by 1-inch. Cover, bring to a boil over high, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve ½ cup cooking water, then drain potatoes and return to saucepan. Cover to keep warm off heat until step 5.



# 2. Prep ingredients

Meanwhile, scrub and trim carrot; halve lengthwise and cut into ¼-inch thick half-moons. Finely chop ½ teaspoon garlic. Finely chop ¾ teaspoon rosemary leaves; discard stems. Pat chicken dry; pound to an even ½-inch thickness, if desired. Season all over with salt and pepper.

In a liquid measuring cup, whisk to combine % cup water and turkey broth concentrate.



# 3. Cook peas & carrots

In a medium skillet, bring carrots and 3 tablespoons water to a boil over mediumhigh heat. Cover and cook until tender, about 2 minutes. Add peas, 1 tablespoon butter, and all of the chopped garlic; cook until butter is melted and peas are warmed through, about 2 minutes. Season to taste with salt and pepper. Transfer to a plate and cover to keep warm; reserve skillet.



# 4. Cook chicken & herb gravy

Melt 1 tablespoon butter in same skillet over medium-high. Add chicken; cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate.

To same skillet over medium heat, add chopped rosemary and ½ tablespoon flour; cook, whisking until fragrant, about 30 seconds. Add broth mixture; cook, whisking until thickened and coats the back of a spoon, 3–4 minutes.



5. Finish & serve

Return saucepan with potatoes to medium heat. Add 2 tablespoons butter; mash with a potato masher or fork until smooth, adding 1 tablespoon reserved cooking water at a time, as needed to reach desired consistency. Season to taste with salt and pepper.

Serve **chicken** alongside **mashed potatoes**, **peas**, and **carrots**. Spoon **herb gravy** over top. Enjoy!



# 6. Jump on the gravy train!

The thickening component of gravy is roux, a mixture of liquid fat-like pan drippings or oil-and flour. Whisk in broth mixture, constantly stirring to avoid lumps. Want that glistening glow? Whisk in 1 tablespoon butter or heavy cream before serving for gravy that's rich and smooth as silk.