

# DINNERLY



## Blue Plate Special Meatballs & Gravy with Mashed Potatoes & Green Beans



20-30min



2 Servings

Food throwbacks are great. Jello molds, baked Alaska, cheese balls, and—our personal favorites—blue plate specials. Who doesn't love a low-priced meal that changes daily? Sounds like a great deal to us. We've got you covered!



## WHAT WE SEND

- 2 potatoes
- ½ lb green beans
- ¼ oz granulated garlic
- 1 pkt chicken broth concentrate
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- all-purpose flour (or gluten-free alternative)
- butter <sup>7</sup>
- large egg <sup>3</sup>

## TOOLS

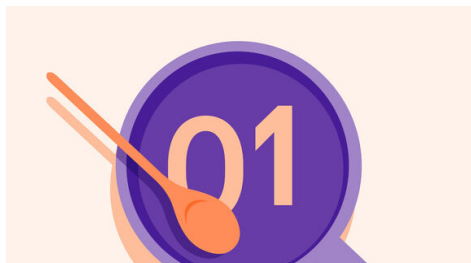
- medium saucepan
- medium skillet
- rimmed baking sheet
- potato masher or fork

## ALLERGENS

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 840kcal, Fat 42g, Carbs 65g, Protein 41g



### 1. Cook potatoes

Preheat broiler with a rack 6 inches from heat source.

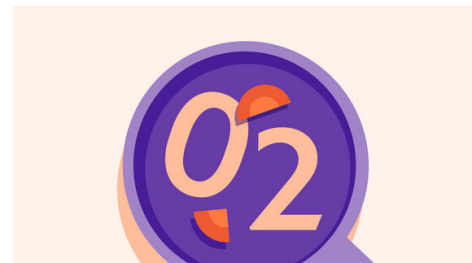
Peel **potatoes**, then cut into 1-inch pieces; place in a medium saucepan. Add enough **salted water** to cover by 1 inch; cover and bring to a boil. Uncover and cook until tender when pierced with a knife, 10–12 minutes. Reserve ½ **cup cooking water**; drain potatoes and return to saucepan off heat. Cover to keep warm until step 5.



### 4. Finish meatballs & gravy

Reduce heat to medium; return **meatballs** to skillet, stirring to coat. Cook until meatballs are cooked through and **gravy** is slightly thickened, 3–5 minutes. Season to taste with **salt** and **pepper**.

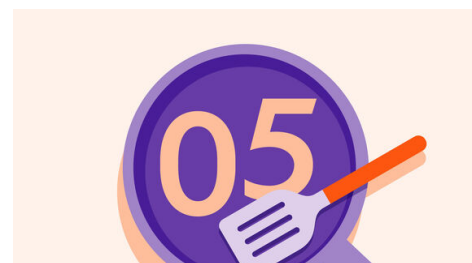
On a rimmed baking sheet, toss **green beans** with 1 **tablespoon oil**; season with **salt** and **pepper**. Broil on top oven rack until tender, 5–7 minutes (watch closely).



### 2. Prep ingredients

Trim stem ends from **green beans**.

In a medium bowl, add **beef**, 1 **large egg**, ¼ **cup panko**, ½ **teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.

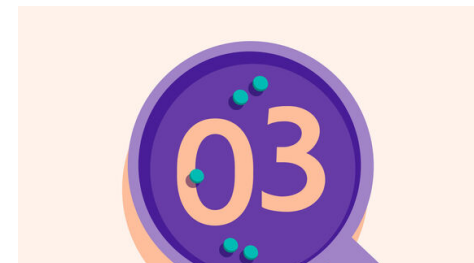


### 5. Finish & serve

Return saucepan with **potatoes** to medium heat. Add ¼ **cup reserved cooking water** (or milk, if preferred) and 2 **tablespoons butter**; use a potato masher or fork to mash until smooth. Add more cooking water (or milk) 1 tablespoon at a time, as desired. Season to taste with **salt** and **pepper**.

Serve **meatballs and gravy** with **mashed potatoes** and **green beans** alongside.

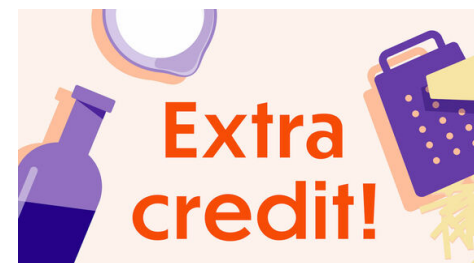
Enjoy!



### 3. Start meatballs & gravy

Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12–16 minutes. Transfer to a plate.

Return skillet to medium heat. Whisk in ½ **tablespoon flour**. Add ½ **teaspoon granulated garlic**, **all of the broth concentrate**, and 1 **cup water**; bring to a boil.



### 6. Jump on the gravy train!

The thickening component of gravy is roux, a mixture of liquid fat—like melted butter or oil—and flour, like in step 3. Want that glistening glow? For an extra rich gravy that's smooth as silk, whisk in 1 tablespoon butter or heavy cream just before serving.