

DINNERLY



Low-Cal 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 potatoes
- 3 oz carrots
- 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 butter¹
- all-purpose flour²

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 **¾ cup water** and **turkey broth concentrate**.



3. Cook peas & carrots

In a medium skillet, bring **carrots** and **3 tablespoons water** to a boil over medium-high 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.