

# DINNERLY



## Pan-Roasted Chicken & Broccoli with Mashed Potatoes & Gravy



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, peasy weeknight meat and potatoes-- aka exactly what you need in your weekly recipe arsenal. The broccoli is there because a) it's good for you and b) it's makes for the perfect bite when dragged through spuds and gravy. We've got you covered!

### WHAT WE SEND

- 1 lb russet potatoes
- 1 oz pkt sour cream <sup>7</sup>
- garlic
- 2 (4 oz) broccoli
- 1 pkt turkey broth concentrate
- ½ lb pkg boneless, skinless chicken breasts

### WHAT YOU NEED

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

### TOOLS

- small saucepan
- potato masher or fork
- medium skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 630kcal, Fat 32g, Carbs 53g, Proteins 35g



#### 1. Cook potatoes

Peel **potatoes**; cut into 1-inch pieces. Transfer to a small saucepan with enough **salted water** to cover by 1-inch. Cover and bring to a boil over high heat, then uncover and cook until tender, 10-12 minutes. Reserve **¼ cup cooking water**, then drain potatoes and return to saucepan over medium heat. Cook, stirring, until potatoes are dry and breaking apart, 2-3 minutes; off heat.



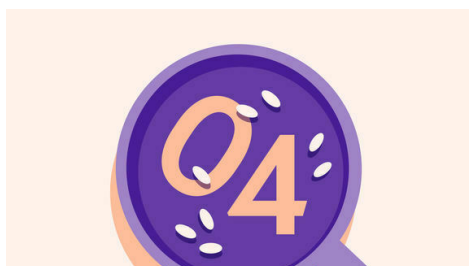
#### 2. Mash potatoes & prep

Add **sour cream**, **reserved cooking water**, and **1 tablespoon oil** to saucepan with **potatoes**. Mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**. Finely chop **1 teaspoon garlic**. Trim stem ends from **broccoli**; cut crowns into 1-inch florets. In a liquid measuring cup, stir to combine **⅔ cup water**, **broth concentrate**, and **2 teaspoons flour**.



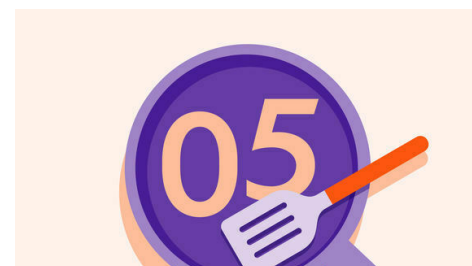
#### 3. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli**, **¼ cup water**, and **a pinch of salt**. Cover and cook until water is evaporated and broccoli is crisp-tender, 2-3 minutes. Transfer broccoli to a bowl and cover to keep warm; wipe out skillet.



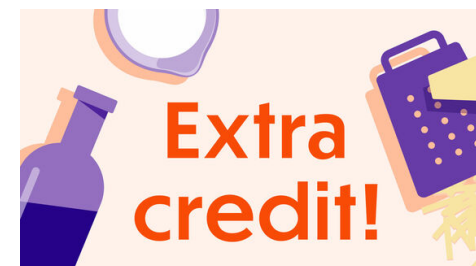
#### 4. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in same skillet over medium-high. Add chicken and cook until golden-brown and cooked through, 2-3 minutes per side. Transfer to plates, leaving **any pan drippings** in skillet.



#### 5. Make gravy & serve

Add **1 tablespoon oil** and **chopped garlic** to same skillet over medium heat. Slowly, whisk in **broth mixture**. Cook, whisking, until gravy is reduced to about ½ cup and coats the back of a spoon, 3-5 minutes; season to taste with **salt** and **pepper**. Serve **chicken** alongside **broccoli** and **mashed potatoes** with **gravy** spooned 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.