

DINNERLY



Vegetarian Mashed Potato & Gravy Bowl

with Garlic-Parmesan Broccoli & Carrots



20-30min



2 Servings

Would we eat a whole bowl of gravy if we could? Yes. But for the sake of our arteries, we paired that gravy with fluffy mashed potatoes and a load of roasted veggies. Comfort food to the max. We've got you covered!

WHAT WE SEND

- 3 Yukon gold potatoes
- ½ lb broccoli
- 1 medium red onion
- ½ lb carrots
- 1 pkt vegetable broth concentrate
- 2 (¾ oz) pieces Parmesan ²

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- all-purpose flour ¹
- olive oil
- butter ²

TOOLS

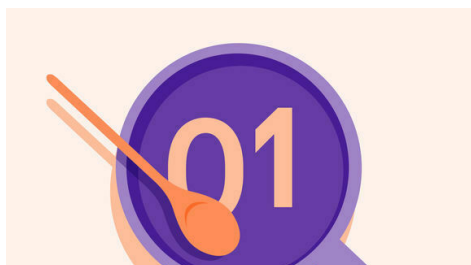
- medium saucepan
- microplane or grater
- rimmed baking sheet
- potato masher or fork

ALLERGENS

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

NUTRITION PER SERVING

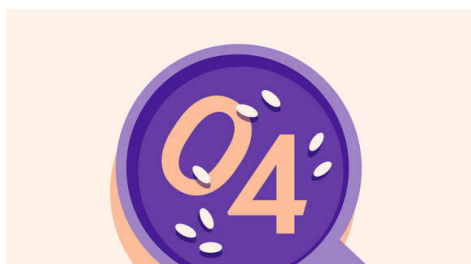
Calories 780kcal, Fat 46g, Carbs 86g, Protein 19g



1. Boil potatoes

Preheat oven to 450°F with a rack in the lower third.

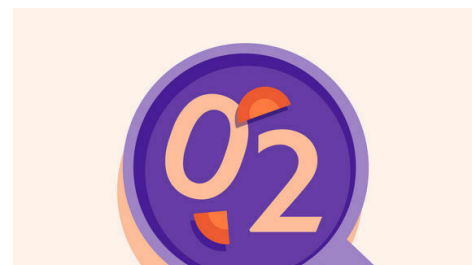
Peel **potatoes**; cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat; uncover, and cook until easily pierced with a fork, 10–12 minutes. Reserve **⅓ cup cooking water**; drain and return potatoes to saucepan. Cover to keep warm off heat until step 4.



4. Mash potatoes

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

Wipe out saucepan; melt **1 tablespoon butter** over medium-high heat.

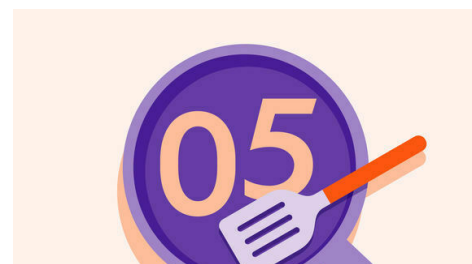


2. Prep ingredients

Cut **broccoli** into 1-inch florets, if necessary. Halve **onion** lengthwise, then slice into ½-inch wedges. Scrub **carrots**, then cut on an angle into ½-inch slices. Finely chop **2 teaspoons garlic**.

In a liquid measuring cup, whisk to combine **broth concentrate**, **⅓ cup water**, and **2 teaspoons flour**.

Finely grate **all of the Parmesan**.

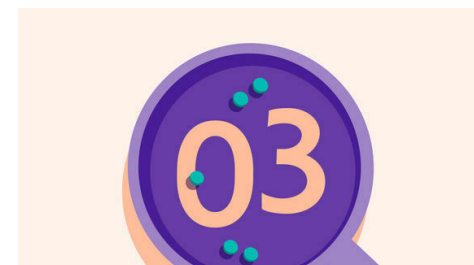


5. Make gravy & serve

To saucepan with **butter**, add **remaining chopped garlic**; cook, stirring, until fragrant, about 30 seconds. Add **broth mixture**; bring to a boil over high. Reduce heat to medium; simmer, stirring occasionally, until reduced to ⅓ cup, 2–3 minutes more. Season with **salt** and **pepper**.

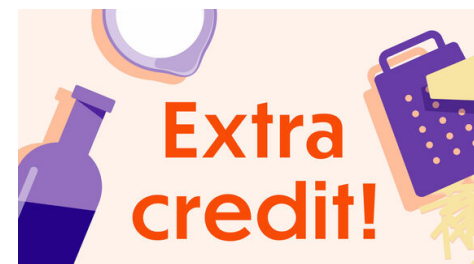
Serve **mashed potato & gravy bowls** topped with **garlic-Parmesan veggies**.

Enjoy!



3. Roast veggies

On a rimmed baking sheet, toss **broccoli**, **onions**, and **carrots** 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**; roast until cheese is golden-brown and crisp, 3–5 minutes more.



6. Did you know?

All of our sites in the US will be running on renewable energy in 2022.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at dinnerly.com    **#dinnerly**