

DINNERLY



Mashed Potato & Gravy Bowl with Garlic-Parmesan Veggies



20-30min



2 Servings

This is straight up comfort food in a bowl (...that you can actually feel good about, because vegetables). We top creamy mashed Yukon gold potatoes with toasty, roasty garlicky-Parmesan coated veggies, then we douse EVERYTHING in homemade gravy. We've got you covered!

WHAT WE SEND

- 21 oz Yukon gold potatoes
- ½ lb broccoli
- 1 medium red onion
- 2 carrots
- ¾ oz piece Parmesan ²
- garlic (use 2 large cloves)
- 1 pkt vegetable broth concentrate

WHAT YOU NEED

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

TOOLS

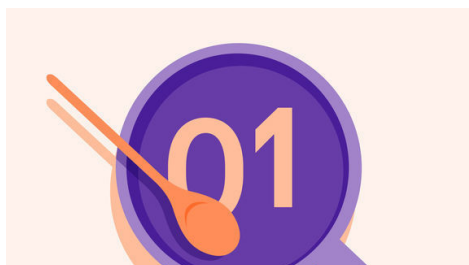
- medium saucepan
- colander
- microplane or grater
- rimmed baking sheet
- potato masher or fork

ALLERGENS

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

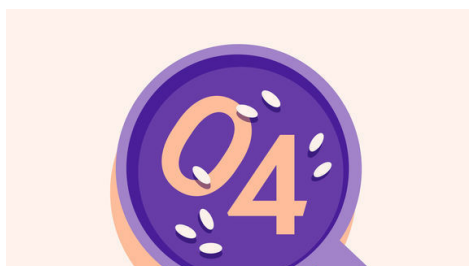
NUTRITION PER SERVING

Calories 720kcal, Fat 41g, Carbs 81g, Protein 15g



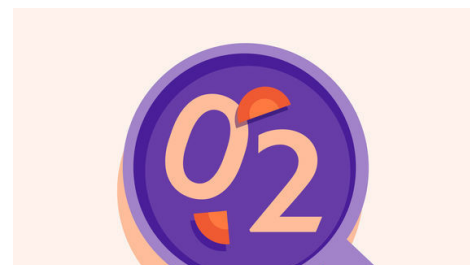
1. Cook potatoes

Preheat oven to 450°F with a rack in the lower third. Peel **potatoes**, then 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. Cook, uncovered, until tender when pierced with a fork or knife, 10–12 minutes. Reserve **⅓ cup cooking water**, then drain and return to saucepan. Cover to keep warm off the heat.



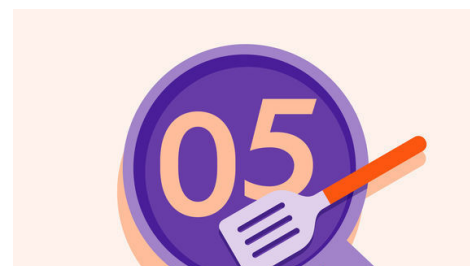
4. Mash potatoes

Return saucepan with **potatoes** to medium heat. Stir in **reserved cooking water**, **2 tablespoons butter**, and **1 tablespoon oil**. Mash with potato masher or fork; season to taste with **salt** and **pepper**. Transfer mashed potatoes to bowl; cover to keep warm. Wipe out saucepan, add **1 tablespoon butter**, and melt over medium-high.



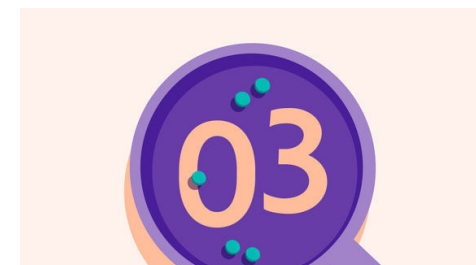
2. Prep ingredients

Trim ends from **broccoli**, then cut crowns into 1-inch florets. Halve, peel, and cut **all of the onion** into ½-inch wide wedges through root end. Scrub **carrots**; cut on an angle into ½-inch thick slices. Finely grate **Parmesan**. Peel and finely chop **2 teaspoons garlic**. In a liquid measuring cup, whisk **broth concentrate**, **⅔ cup water**, and **2 teaspoons flour**.



5. Make gravy & serve

Add **remaining garlic** to saucepan with **butter**; cook, stirring, until fragrant, 1–2 minutes. Add **broth** and bring to a boil over high. Lower heat to medium, then simmer, stirring occasionally, until reduced to ⅓ cup, 2–3 minutes; season with **salt** and **pepper**. Serve **mashed potatoes** topped with **garlic-Parmesan veggies** and **gravy**. Enjoy!



3. Roast veggies

Transfer **broccoli**, **onions**, and **carrots** to a rimmed baking sheet, then toss 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**, then return to lower oven rack and roast until cheese is golden brown and crisp, 3–5 minutes.



6. Make it meaty!

Amp up this veggie forward bowl with slices of seared steak or chicken.