

# DINNERLY



## Seared 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, exactly what you deserve after a long day. The broccoli is there because a) it's good for you and b) it's especially good when dragged through the spuds and gravy for a perfect bite. We've got ...

## WHAT WE SEND

- garlic
- turkey broth concentrate
- broccoli crowns
- boneless, skinless chicken breast
- russet potato

## WHAT YOU NEED

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

## TOOLS

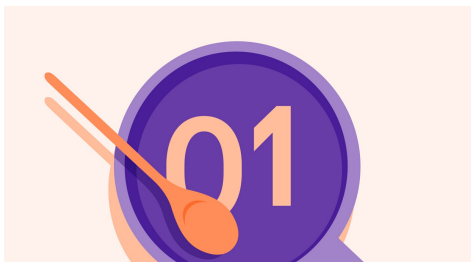
- colander
- medium skillet
- small saucepan

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 590.0kcal, Fat 29.0g, Proteins 31.0g, Carbs 53.0g



### 1. Cook potatoes

Peel **potato** and cut into 1-inch pieces. Place in a small saucepan with **2 teaspoons salt** and enough water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until tender, 10-12 minutes. Reserve **¼ cup cooking water**; drain potatoes, return to saucepan. Cook, over medium, stirring frequently, until pale, dry, and breaking apart, 2–3 minutes.



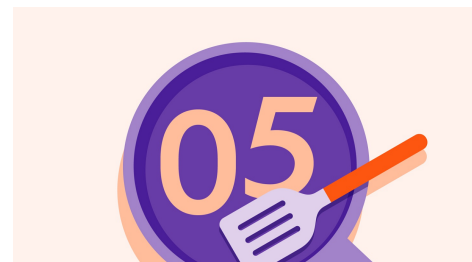
### 4. Cook chicken

Heat **2 teaspoons oil** in same skillet over medium-high. Add **chicken** and cook on one side until deep golden brown, about 3 minutes. Flip and continue cooking chicken until cooked through, 1-2 minutes. Transfer to plates and cover to keep warm. Reserve skillet and pan drippings for step 5.



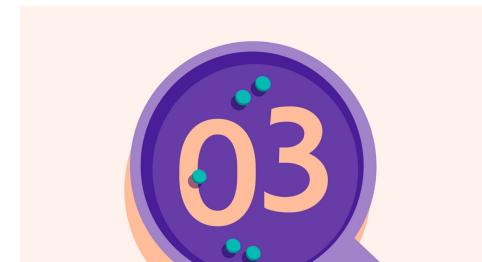
### 2. Mash potatoes & prep

Add **sour cream, reserved potato water, and 1 tablespoon oil** to saucepan. Mash potatoes using a masher until smooth, stirring to incorporate; season to taste with **salt and pepper**. Cover to keep warm. Peel and finely chop **1 large garlic clove**. Cut **broccoli** into 1-inch florets. Pat **chicken** dry; season all over with **½ teaspoon salt** and a **few grinds pepper**.



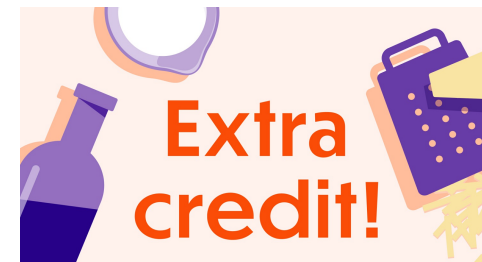
### 5. Make gravy & serve

In a small bowl, whisk **¾ cup water, 2 teaspoons flour, and broth concentrate**. Heat **1 tablespoon oil** and **garlic** in reserved skillet over medium. Stir broth mixture, slowly pour into skillet. Cook, whisking occasionally, until gravy is reduced to **½ cup**, 3–5 minutes. Season with **salt and pepper**. Serve **chicken with mashed potatoes, broccoli, and gravy...**



### 3. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli, ¼ teaspoon salt, and ¼ cup water**. 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.



### 6. Make it ahead!

You'll be cruising down easy street if you make the mashed potatoes ahead of time. To rewarm come dinner, just put them in a saucepan and stir in a bit of milk or butter. Or BOTH.