



Skillet Zucchini Parmesan

with Garlic Ciabatta



30-40min



2 Servings

All the familiar flavors of a classic Parmesan dish made lighter by subbing zucchini for breaded meat. Tender planks of roasted zucchini are layered with tomato sauce and Parmesan cheese, then topped with mozzarella before being baked until golden and bubbly. The skillet Parm is served with toasty ciabatta garlic bread, perfect for sopping up the sauce.

What we send

- zucchini
- canned tomato sauce
- fresh mozzarella ⁷
- Parmesan ⁷
- garlic
- ciabatta ^{1,6}
- Italian seasoning
- yellow onion

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- rimmed baking sheet
- ovenproof skillet
- microplane or grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 43g, Carbs 96g, Proteins 39g



1. Roast zucchini

Preheat oven to 450°F with racks in the upper and lower thirds. Trim stem ends from **zucchini** and cut lengthwise into ¼-inch planks. Divide zucchini between 2 rimmed baking sheets. Toss with **2 tablespoons oil** and **a pinch each salt and pepper**. Spread to an even layer; roast until lightly browned and tender, switching sheets halfway through, 15-20 minutes.



4. Bake zucchini Parm

Transfer **sauce** to a bowl or measuring cup. Spread **½ cup of the tomato sauce** over bottom of skillet. Place **½ of the zucchini** in an even layer over sauce. Spoon another ½ cup sauce over zucchini and top with **½ of the Parmesan**. Repeat with 2 more layers. Top with **sliced mozzarella**. Bake on upper rack until sauce is bubbling and cheese is melted, 10-12 minutes.



2. Prep ingredients

While **zucchini** roasts, peel and finely chop **onion**. Peel **2 large garlic cloves**; finely chop 1 clove, leaving remaining clove whole. Finely grate **Parmesan**. Thinly slice **mozzarella**.



5. Make garlic bread

While **zucchini Parm** bakes, slice **ciabatta rolls** in half. Brush cut sides generously with **oil** and season with **salt** and **pepper**. Place on a rimmed baking sheet and bake in lower third of oven, until bread is golden-brown and crisp, 5-10 minutes (watch closely as ovens vary). Out of the oven, rub cut sides of rolls with **whole garlic clove**.



3. Make sauce

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add onions and cook, stirring, until browned and tender, about 5 minutes. Add **chopped garlic** and cook, about 30 seconds. Add **tomato sauce, ½ cup water, 1 teaspoon of the Italian seasoning**, and **a pinch each salt, pepper, and sugar**. Simmer until sauce is reduced to 2 cups, 4-5 minutes.



6. Finish & serve

Let **zucchini Parm** sit 5 minutes before cutting into pieces. Serve **zucchini Parm** with **garlic bread** alongside. Enjoy!