

DINNERLY



Eggplant Parmigiana with Ricotta and Crusty Bread



20-30 minutes



2 Servings

WHAT WE SEND

- 2 wholemeal rolls^{1,6}
- 1 eggplant
- 400g can cherry tomatoes
- 5g dried Italian herbs¹⁷
- 70g rocket leaves
- 125g ricotta⁷
- 1 red onion

WHAT YOU NEED

- garlic clove
- olive oil
- plain flour¹
- tomato paste
- tomato sauce

TOOLS

- large frypan
- medium frypan
- oven tray
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 535kcal, Fat 25.6g, Carbs 25.3g, Proteins 17.8g



1. Prep ingredients

Preheat the oven to 220C. Take a thin slice off the sides of the **eggplant** so that all slices will be flat, then cut lengthwise into 4 slices, about 1.5cm-thick. Season all over with **salt**. Thinly slice the **onion** and **1 garlic clove**.



2. Cook sauce

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **garlic** and **half the onion**, stirring constantly, for 2-3 mins until soft. Add the **tomatoes**, **1 tbs tomato paste**, **1 tbs tomato sauce** and **2 tbs water**. Bring to the boil, then reduce the heat to medium and cook for 10 mins or until thickened.



3. Pan-fry eggplant

Meanwhile, pat **eggplant** dry with paper towel to remove excess moisture. Put **2 tbs plain flour** in a shallow dish, season with **salt and pepper**, then dust eggplant, shaking off excess. Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook eggplant for 3-4 mins each side until golden. Remove pan from heat.



4. Assemble and bake

Put **half the eggplant** in a 1L (4 cup) baking dish, then pour over **half the sauce**. Dollop over **half the ricotta** and scatter with **½ tsp dried Italian herbs**. Season with **salt and pepper**. Repeat with the **remaining eggplant, sauce, ricotta** and **herbs**. Put the dish on an oven tray and bake for 20 mins.



5. Serve up

Add the **bread** to the tray and cook for a further 5 mins or until the eggplant is tender and the bread is warmed through. Meanwhile, put the **rocket**, **remaining red onion** and **2 tsp olive oil** in a large bowl, season with **salt** and toss to combine. Divide the **eggplant parmigiana**, **rocket salad** and warm **rolls** among plates and enjoy.



6. Kitchen 101

XXInfo about salting eggplant before cooking