



## Oven-Fried Eggplant Parm

with Chopped Italian Salad



40-50min



2 Servings

Not all Parms are created equally. This one takes our favorite saucy comfort food and highlights the peak produce of summer. It's that time of year when tomatoes are prime for sauce and eggplant are firm enough to serve as the perfect sponge to soak up its rich flavor. Oh, and of course there's plenty of melted bubbly mozzarella, crisp breadcrumb coating, and sharp Parmesan cheese.



## What we send

- eggplant
- panko <sup>1,6</sup>
- whole-peeled tomatoes
- mozzarella <sup>7</sup>
- baby spinach
- romaine heart
- Parmesan <sup>7</sup>
- roasted red pepper
- garlic

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar
- sugar

## Tools

- box grater
- ovenproof skillet
- rimmed baking sheet

## 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 840kcal, Fat 58g, Carbs 51g, Proteins 34g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the center and lower third positions. Meanwhile, generously **oil** a rimmed baking sheet. Peel **eggplant** lengthwise, then cut into ¼-inch thick rounds. Finely chop **2 large garlic cloves**. Coarsely grate **Parmesan** on the large holes of a box grater. Cut **tomatoes** in the can with kitchen shears until chopped.



### 4. Prep filling

Grate **mozzarella** on the large holes of a box grater. Combine with **half of the remaining Parmesan**. Coarsely chop **spinach**.



### 2. Bake eggplant

In a shallow bowl, stir **panko** with **2 tablespoons oil**, **¼ of the Parmesan**, and **½ teaspoon salt**. In another shallow bowl, beat **2 large eggs**. Dip each **eggplant slice** in the egg. Let excess drip off, then lightly dredge in the panko mixture, pressing to coat. Transfer to **oiled** baking sheet. Bake on lower oven rack until golden, about 20 minutes.



### 5. Assemble & bake Parm

Arrange **half of the eggplant** in an overlapping circle in same skillet. Scatter over **chopped spinach**, **a pinch of salt**, **half of the tomato sauce**, and **half of the cheese mixture**. Repeat with remaining eggplant, sauce, and cheese mixture. Bake on the center oven rack until bubbling and melted, 12-14 minutes.



### 3. Make sauce





Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **¾ of the garlic** and cook, stirring, 10 seconds. Add **tomatoes**, **¼ cup water**, **¼ teaspoon each salt, pepper, and sugar**, and bring to a boil. Cook over medium-high heat until reduced to 1½ cups, 6-8 minutes. Transfer to a heatproof measuring cup. Reserve skillet for step 5.



### 6. Prep salad & serve

Meanwhile, in a medium bowl, combine **1 tablespoon vinegar**, **2 tablespoons oil**, **remaining garlic**, and **a pinch each salt and pepper**. Chop **red peppers**. Cut **romaine** into ½-inch pieces. Add **remaining Parmesan**, **peppers** and **romaine** to dressing and toss to combine. Cut **eggplant Parm** into wedges and serve with **salad**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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