



DINNERLY



Sheet-pan Eggplant Parm with Spinach Salad

 30-40min  4 Servings

Eggplant parm takes work. Salting and draining the eggplant. Breading. Pan-frying until just right. Creating the perfect layers in a casserole dish. When it comes to dinner, we're into eggplant parm, but not hard work. This sheet pan version makes it a whole lot easier. We've got you covered!

WHAT WE SEND

- tomato sauce
- mozzarella ⁷
- garlic
- Parmesan ⁷
- eggplant
- baby spinach
- panko breadcrumbs ^{1,6}

WHAT YOU NEED

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

TOOLS

- rimmed baking sheet
- box grater

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 700kcal, Fat 47g, Carbs 47g, Proteins 27g



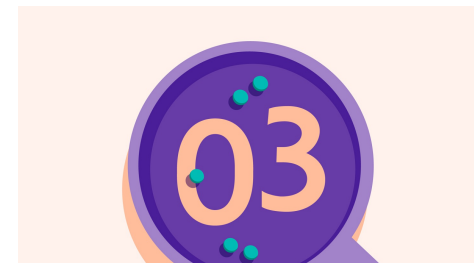
1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower third. Trim and discard ends from **eggplant**, then slice lengthwise into ½-inch planks. Finely grate **all of the Parmesan** on the small holes of a box grater. In a shallow bowl, toss **panko** with ¼ cup oil and ¼ of the **Parmesan**. Beat **3 eggs** in a second shallow bowl. Season panko and egg with **salt** and **pepper**.



2. Bread & bake eggplant

Generously **oil** 2 rimmed baking sheet. Dip each **eggplant plank** into the **egg**. Let excess egg drip back into bowl, then dredge eggplant in the **panko mixture**, pressing to help adhere breading. Transfer to prepared baking sheets, then bake on upper and lower oven rack until golden, flipping halfway through, about 25 minutes.



3. Prep cheese & dressing

Meanwhile, peel and finely chop **2 teaspoons garlic**. Grate **all of the mozzarella** on the large holes of a box grater. In a large bowl, whisk together **1 tablespoon vinegar** and **2 tablespoons oil**; season to taste with **salt** and **pepper**.



4. Prep sauce

Switch oven to broil. In a medium bowl, combine **chopped garlic**, **all of the tomato sauce**, **2 tablespoons oil**, and **1 teaspoon sugar**; season to taste with **salt** and **pepper**.



5. Finish & serve

Top **eggplant** with **sauce** and **mozzarella**, then sprinkle with ½ of the **remaining Parmesan**. Return to top oven rack and broil, one baking sheet at a time, until **cheese** is melted and browned, 2–3 minutes (watch closely); repeat with second. Add **spinach** and **remaining Parmesan** to **dressing**; toss to coat. Serve **eggplant parm** with **spinach salad** alongside. Enjoy!



6. Carbo load!

Make this eggplant parm into a handheld wedge or open faced sandwich by piling it high on some homemade garlic bread or toasty ciabatta rolls.