

DINNERLY



ONE-PAN

Sheet-pan Eggplant Parm with Spinach Salad



30-40min



2 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

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

WHAT YOU NEED

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

TOOLS

- box grater
- 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 690kcal, Fat 46g, Carbs 47g, Proteins 26g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **eggplant**, then slice lengthwise into ½-inch planks. Finely grate **Parmesan** on the small holes of a box grater. In a shallow bowl, toss **panko** with **2 tablespoons oil** and **¼ of the Parmesan**. Beat **2 large eggs** in a second shallow bowl. Season panko and egg with **salt** and **pepper**.



2. Bread & bake eggplant

Generously **oil** a 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 sheet and bake on upper oven rack until golden, flipping halfway through, about 20 minutes.



3. Prep cheese & dressing

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



4. Prep sauce

Switch oven to broil. In a medium bowl, stir to combine **chopped garlic**, **tomato sauce**, **1 tablespoon oil**, and **½ teaspoon sugar**; season to taste with **salt** and **pepper**.



5. Finish & serve

Top **eggplant** with **tomato sauce** and **mozzarella**, then sprinkle with **½ of the remaining Parmesan**. Return to top oven rack and broil until **cheese** is melted and browned, 2–3 minutes (watch closely). Add **spinach** and **remaining Parmesan** to bowl with **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.