



Oven-Fried Eggplant Parm

with Chopped Italian Salad



40-50min



2 Servings

Not all Parms are created equally. This one highlights the eggplant, instead of drowning it in sauce. Oh, and of course there's plenty of melted bubbly mozzarella, crisp breadcrumb coating, and Parmesan cheese.

What we send

- 1 eggplant
- garlic
- 14½ oz whole peeled tomatoes
- 2 oz panko ¹
- 2 (¾ oz) Parmesan ⁷
- 3¾ oz mozzarella ⁷
- 3 oz baby spinach
- 2 oz roasted red peppers
- 1 Gotham Greens lettuce with roots

What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs ³
- sugar
- red wine vinegar (or apple cider vinegar) ¹⁷

Tools

- rimmed baking sheet
- box grater
- medium ovenproof skillet

Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 57g, Carbs 52g, Protein 29g



1. Prep ingredients

Preheat oven to 450°F with racks in the center and lower third. Generously **oil** a rimmed baking sheet. Peel **eggplant**, then cut into ¼-inch thick rounds. Finely chop **2 teaspoons garlic**. Using kitchen shears, cut **tomatoes** in the can until finely chopped.



4. Prep filling

Coarsely chop **spinach**. Coarsely grate **mozzarella**; combine with **half of the remaining Parmesan**.



2. Bake eggplant

In a shallow bowl, stir to combine **panko**, **2 tablespoons oil**, **¼ of the Parmesan**, and **½ teaspoon salt**. In a second shallow bowl, beat **2 large eggs**. Dip each **eggplant slice** into egg. Let excess drip off, then lightly dredge in 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 reserved skillet in an overlapping circle. Sprinkle **chopped spinach**, **half of the tomato sauce**, **half of the cheese mixture**, and a **pinch of salt** over top. Repeat with remaining eggplant, sauce, and cheese. Bake on center oven rack until cheese is 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**, and **¼ teaspoon each of salt, pepper, and sugar**. Bring to a boil over high heat. Reduce to medium-high; cook until sauce is reduced to 1½ cups, 6-8 minutes. Transfer to a heatproof measuring cup. Reserve skillet for step 5.



6. Make salad & serve

In a medium bowl, combine **remaining garlic**, **2 tablespoons oil**, **1 tablespoon vinegar**, and a **pinch each of salt and pepper**. Coarsely chop **roasted peppers**. Halve **lettuce**, then cut crosswise into ½-inch pieces, discarding roots. Add **peppers**, **lettuce**, and **remaining Parmesan** to **dressing**; toss to combine. Serve **eggplant Parmesan** with **chopped Italian salad**. Enjoy!