

DINNERLY



Sheet Pan Eggplant Parm with Spinach Salad



30-40min



2 Servings

When it comes to dinner, we're into eggplant parm, but not hard work. Salting and draining the eggplant, breading, pan-frying until just right, creating the perfect layers in a casserole dish, the list goes on. Enter our sheet pan version. Dinner just got a whole lot easier. We've got you covered!

WHAT WE SEND

- 1 eggplant
- $\frac{3}{4}$ oz Parmesan ⁷
- 2 (1 oz) panko ¹
- $3\frac{3}{4}$ oz mozzarella ⁷
- $\frac{1}{4}$ oz granulated garlic
- 8 oz tomato sauce
- 5 oz baby spinach
- 2 oz balsamic vinaigrette

WHAT YOU NEED

- olive oil
- 2 large eggs ³
- kosher salt & ground pepper
- sugar

TOOLS

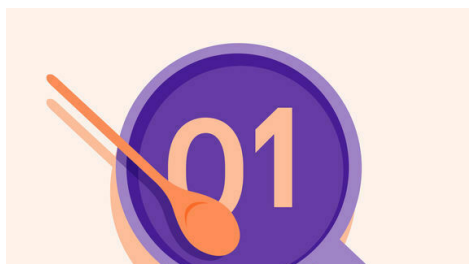
- box grater or microplane
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

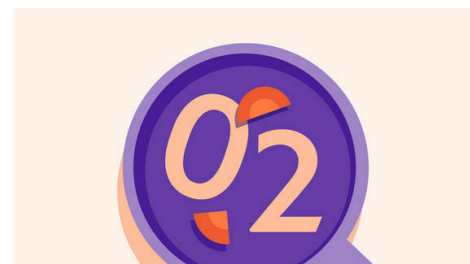
Calories 730kcal, Fat 46g, Carbs 59g, Protein 30g



1. Prep eggplant & dredge

Preheat oven to 450°F with a rack in the upper third. Trim and discard stem end from **eggplant**, then slice lengthwise into $\frac{1}{2}$ -inch planks. Finely grate **Parmesan**, if necessary.

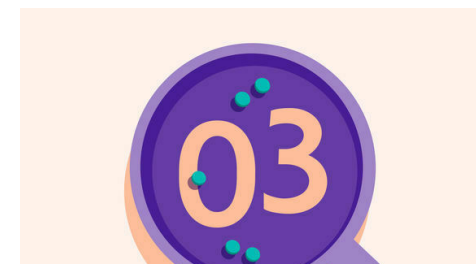
In a shallow bowl, toss **all of the panko** with **2 tablespoons oil** and $\frac{1}{4}$ of the **grated Parmesan**. In a second bowl, beat **2 large eggs**. Season both **panko mixture** and **eggs with salt and pepper**.



2. Bread & bake eggplant

Generously **oil** a rimmed baking sheet. Dip each **eggplant piece** into the **egg**. Let excess drip back into bowl, then dredge in **panko mixture**, pressing to help breading adhere.

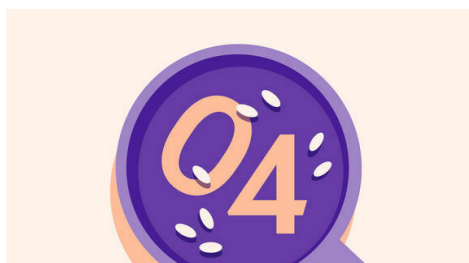
Transfer to prepared baking sheet and bake on upper oven rack until golden, flipping halfway through cooking time, about 20 minutes.



3. Prep cheese & dressing

While **eggplant** bakes, grate **mozzarella** on the large holes of a box grater.

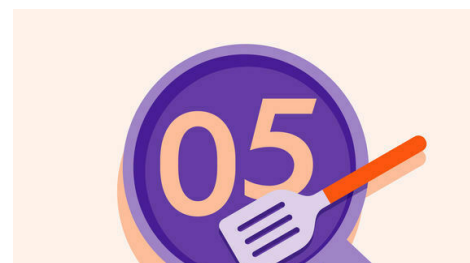
To a large bowl, add **balsamic vinaigrette**. Set aside until step 5.



4. Prep sauce

Switch oven to broil.

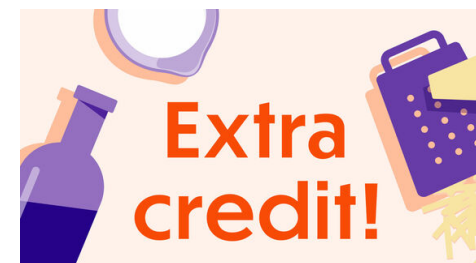
In a medium bowl, stir to combine $\frac{1}{4}$ **teaspoon granulated garlic**, **tomato sauce**, **1 tablespoon oil**, and $\frac{1}{2}$ **teaspoon sugar**; season to taste with **salt and pepper**.



5. Finish & serve

Top **baked eggplant** with **sauce** and **mozzarella**, then sprinkle with **half of the remaining Parmesan**. Return baking sheet to top oven rack and broil until cheese is melted and browned in spots, 2–3 minutes (watch closely). To bowl with **dressing**, add **spinach** and **remaining Parmesan**; toss to coat.

Serve **eggplant parm** with **spinach salad** alongside. Enjoy!



6. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.