

DINNERLY



Broccoli Parm Hero with Italian Salad

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Has a meatless meal ever looked this good? When you've got perfectly roasted broccoli, melty fontina, and marina sauce coming together, anything is possible. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- ¼ oz Italian seasoning
- 2 baguettes¹
- 8 oz marinara sauce
- 2 oz shredded fontina⁷
- 1 romaine heart

WHAT YOU NEED

- garlic
- olive oil
- red wine vinegar (or apple cider vinegar)¹⁷
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- microwave

ALLERGENS

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

NUTRITION PER SERVING

Calories 820kcal, Fat 40g, Carbs 93g, Protein 26g

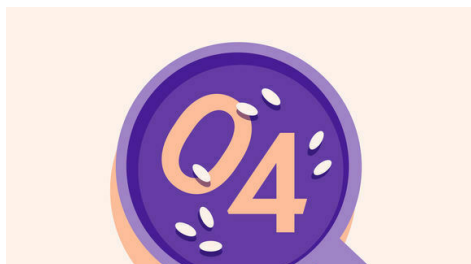


1. Prep & make dressing

Preheat oven to 450°F with a rack in the top position.

Cut **broccoli** into large 2-inch florets, if necessary. Peel **1 garlic clove** and reserve for step 4.

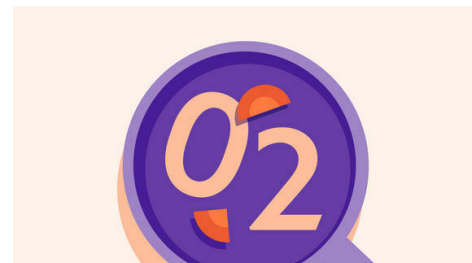
In a medium bowl, whisk together ¼ **teaspoon Italian seasoning**, **2 tablespoons oil**, and **1 tablespoon vinegar**. Generously season with **salt** and **pepper**; set aside for step 5.



4. Assemble sandwich & broil

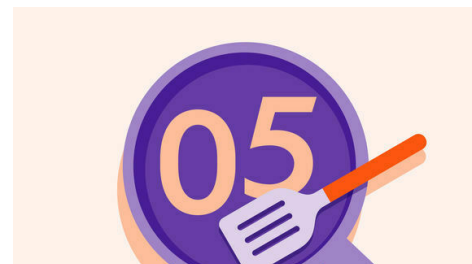
Rub **whole garlic clove** on cut sides of **bread**, then divide **broccoli** between bottom halves. Top each with **2 tablespoons marinara sauce**, then sprinkle with **cheese**.

Broil on top oven rack until cheese is just melted, 1–2 minutes. Close **sandwiches** (halve, if desired).



2. Roast broccoli

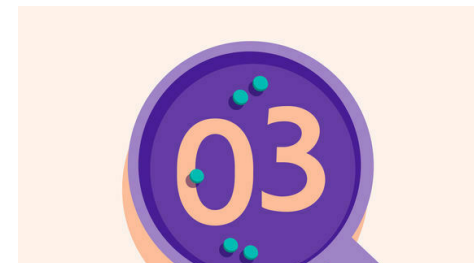
On a rimmed baking sheet, toss **broccoli** with **2 tablespoons oil** and a **generous pinch each of salt and pepper**. Roast on top oven rack until tender and charred in spots, about 15 minutes. Transfer to a plate; switch oven to broil.



5. Make salad & serve

Halve **lettuce** lengthwise, then thinly slice crosswise, discarding end. Transfer to bowl with **dressing**; toss to combine.

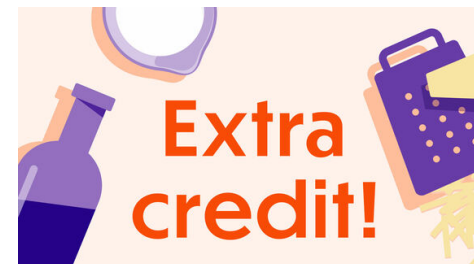
Serve **broccoli parm hero** with **salad** alongside and **remaining marinara sauce** for dipping. Enjoy!



3. Broil bread & heat sauce

Brush cut sides of **bread** generously with **oil**. Sprinkle with **salt** and **pepper**. Place on same baking sheet, cut-side up; broil on top oven rack until golden-brown, 1–3 minutes (watch closely as broilers vary).

Add **marinara sauce** to a bowl; microwave until warmed through (or add to a saucepan and warm on stovetop).



6. More plant-based protein!

Roast some chickpeas with the broccoli in step 2, then add them to the sandwiches or toss them into the salad.