



Skillet Zucchini Parmesan

with Garlic Ciabatta



30-40min



2 Servings

All the familiar comforts of a classic Parmesan dish are made lighter here, mainly by substituting zucchini for the usual fried, breaded meat cutlets. In their place, tender planks of zucchini are roasted, then layered with tomato sauce and grated Parmesan, topped with mozzarella, and baked until the cheese is golden and the sauce is bubbly. Toasted ciabatta garlic bread joins the party on each plate.

What we send

- 2 zucchini
- 1 yellow onion
- garlic
- ¾ oz Parmesan ¹
- 3¾ oz mozzarella ¹
- 2 (8 oz) tomato sauce
- ¼ oz Italian seasoning
- 2 ciabatta rolls ^{2,3}

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- 2 rimmed baking sheets
- microplane or grater
- medium ovenproof skillet

Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 37g, Carbs 80g, Protein 28g



1. Roast zucchini

Preheat oven to 450°F with racks in the upper and lower third.

Trim **zucchini**, then cut lengthwise into ¼-inch thick planks. Divide zucchini between 2 rimmed baking sheets; toss with **2 tablespoons oil** and **a pinch each of salt and pepper**. Spread into single layers. Roast on upper and lower racks until lightly browned and tender, rotating sheets halfway through, 15-20 minutes total.



4. Bake zucchini parm

Transfer **sauce** to a heatproof bowl or measuring cup. Spread **⅓ cup of the sauce** over bottom of the skillet. Place **⅓ of the roasted zucchini** in an even layer over sauce. Spoon another ⅓ cup sauce over zucchini, and top with **⅓ of the Parmesan**. Repeat with 2 more layers. Top with **sliced mozzarella**. Bake on upper oven rack until sauce is bubbling and cheese is melted, 10-12 minutes.



2. Prep ingredients

While **zucchini** roasts, finely chop **onion**. Finely chop **1 large garlic clove** and halve a 2nd garlic clove. Finely grate **Parmesan**, if necessary. Thinly slice **mozzarella**.



5. Make garlic bread

While **zucchini Parm** bakes, split **ciabatta** rolls in half; brush cut sides generously with **oil** and season with **salt and pepper**. Place on a rimmed baking sheet. Bake on lower oven rack until bread is golden brown and crisp, 5-10 minutes (watch closely, as ovens vary). Out of the oven, rub cut sides of rolls with **halved garlic clove**.



3. Make sauce

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **onions** and cook, stirring, until browned and tender, about 5 minutes. Add **chopped garlic** and cook, stirring, about 30 seconds. Add **all of the tomato sauce, ½ cup water, 1 teaspoon Italian seasoning, and a pinch each salt, pepper, and sugar**. Simmer until sauce is reduced to 2 cups, 4-5 minutes.



6. Finish & serve

Let **skillet zucchini parm** sit for 5 minutes, then cut into pieces and serve with **garlic ciabatta** alongside. Enjoy!