



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 sharp Parmesan cheese.

What we send

- 1 lb eggplant
- garlic (use 2 large cloves)
- $\frac{3}{4}$ oz piece Parmesan ⁷
- 1 can whole-peeled tomatoes
- 2 oz panko ¹
- 1 pkg mozzarella ⁷
- 3 oz baby spinach
- 2 oz roasted red peppers
- 1 romaine heart

What you need

- olive oil
- kosher salt & 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 840kcal, Fat 58g, Carbs 51g, Protein 34g



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 $\frac{1}{4}$ -inch thick rounds. Finely chop **2 large garlic cloves**. Coarsely grate **Parmesan** on the large holes of a box grater. Using kitchen shears, cut **tomatoes** in the can until finely chopped.



2. Bake eggplant

In a shallow bowl, stir **panko** with **2 tablespoons oil**, **$\frac{1}{4}$ of the Parmesan**, and **$\frac{1}{2}$ teaspoon salt**. In a second shallow bowl, beat **2 large eggs**. Dip each **eggplant slice** in the egg. Let excess drip off, then lightly dredge in the panko mixture, pressing to coat. Transfer to **oiled** baking sheet. Bake on lower oven rack until golden, about 20 minutes.



3. Make sauce

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **$\frac{3}{4}$ of the garlic** and cook, stirring, 10 seconds. Add **tomatoes and their juices**, **$\frac{1}{4}$ cup water**, **$\frac{1}{4}$ teaspoon each salt, pepper, and sugar**. Bring to a boil over high heat. Reduce heat to medium-high; cook until reduced to $1\frac{1}{2}$ cups, 6-8 minutes. Transfer to a heatproof measuring cup. Reserve skillet for step 5.



4. Prep filling

Grate **mozzarella** on the large holes of a box grater; combine with **half of the remaining Parmesan**. Coarsely chop **spinach**.



5. Assemble & bake Parm

Arrange **half of the eggplant** in an overlapping circle in reserved skillet. Scatter **chopped spinach**, **a pinch of salt**, **half of the tomato sauce**, and **half of the cheese mixture** over top. Repeat with remaining eggplant, sauce, and cheese. Bake on the center oven rack until bubbling and melted, 12-14 minutes.



6. Prep salad & serve

In a medium bowl, combine **remaining garlic**, **1 tablespoon vinegar**, **2 tablespoons oil**, and **a pinch of each salt and pepper**. Coarsely chop **red peppers**. Cut **romaine** into $\frac{1}{2}$ -inch pieces, discarding end. Add peppers, romaine, and **remaining Parmesan** to **dressing**; toss to combine. Cut **eggplant Parmesan** into wedges, and serve with **salad**. Enjoy!