



## Roasted Eggplant with Beef Ragu & Toasted Parmesan Breadcrumbs

 30-40min  2 Servings

Forget about pasta—tender and succulent eggplant is the perfect base for rich and hearty meat ragu. The sturdy vegetable softens and caramelizes in the hot oven while grass-fed ground beef emboldens a garlicky tomato sauce that tastes like it's been simmering for hours but is speedy enough for any weeknight. With crunchy Parmesan panko crumbs on top and a crisp side salad, this is a new, nutritious spin on a red-sauce classic.



## What we send

- 1 eggplant
- 1 yellow onion
- garlic
- 10 oz pkg grass-fed ground beef
- ¼ oz Italian seasoning
- 8 oz tomato sauce
- 1 oz panko <sup>3</sup>
- 1 romaine heart
- ¾ oz Parmesan <sup>1</sup>
- ¼ oz fresh parsley

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>
- red wine vinegar (or vinegar of your choice) <sup>2</sup>

## Tools

- rimmed baking sheet
- medium skillet
- small skillet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 790kcal, Fat 51g, Carbs 52g, Protein 39g



### 1. Roast eggplant

Preheat oven to 450°F with a rack in the center. Halve **eggplant** lengthwise, then use a knife to gently score a crosshatch pattern into the flesh (do not pierce the skin!). Transfer to a rimmed baking sheet; rub all over with **oil** and season with **salt** and **pepper**. Roast, cut sides down, until skin looks deflated and flesh is tender when gently pierced with a fork, about 30 minutes.



### 4. Toast breadcrumbs

Heat **2 teaspoons each of oil and butter** in a separate small skillet over medium-high. Add **panko**; cook, stirring, until fragrant and starting to brown, 2-3 minutes. Transfer to a bowl; let cool.



### 2. Prep ingredients

Finely chop **onion**. Finely chop **2 teaspoons garlic**.



### 5. Make salad

In a medium bowl, whisk together **2 tablespoons oil**, **1 tablespoon vinegar**, and **¼ teaspoon Italian seasoning**. Season to taste with **salt** and **pepper**. Halve **romaine** lengthwise; cut into bite-sized pieces, discarding stem. Transfer to bowl with dressing; toss to combine. Finely grate **half of the Parmesan** over salad. Grate **remaining Parmesan** into bowl with **panko**; toss.



### 3. Make meat sauce

Heat **1 teaspoons oil** in a medium skillet over medium-high. Add **onions** and **beef**; cook, breaking up meat into small pieces until browned, 3-5 minutes. Add **chopped garlic** and **1 teaspoon Italian seasoning**; cook, stirring, 1 minute. Stir in **tomato sauce**; bring to a simmer. Lower heat; simmer until slightly thickened, 5-10 minutes. Season to taste with **salt** and **pepper**.



### 6. Broil eggplant & serve

When **eggplants** are finished roasting, remove and switch oven to broil. Carefully flip eggplant and top generously with **meat sauce**. Sprinkle **Parmesan breadcrumbs** over top. Broil until warmed through and breadcrumbs are deeply golden, 1-2 minutes (watch closely). Coarsely chop **parsley**; sprinkle over **eggplant**. Serve eggplants with **salad** and **any remaining sauce**. Enjoy!