

# DINNERLY



## Low-Cal Caprese Ciabatta with Grilled Tomato & Zucchini Fries



30-40min



2 Servings

This meal makes us think of one of our fave tunes: \*Did you ever know that you're my hero, and everything I would like to be? I can fly higher than an eagle, for you are the wind beneath my wings.\* We've got you covered!

## WHAT WE SEND

- 1 zucchini
- 2 oz panko <sup>1,6</sup>
- 3¼ oz mozzarella <sup>7</sup>
- 2 plum tomatoes
- ¼ oz fresh basil
- 2 ciabatta rolls <sup>1</sup>

## WHAT YOU NEED

- 1 large egg <sup>3</sup>
- olive oil
- kosher salt & ground pepper

## TOOLS

- rimmed baking sheet
- grill or grill pan

## ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 580kcal, Fat 20g, Carbs 76g, Proteins 28g



### 1. Prep zucchini fries

Preheat oven to 425°F with a rack in the lower third.

Trim ends from **zucchini**, halve crosswise, then cut lengthwise into ½-inch thick sticks.

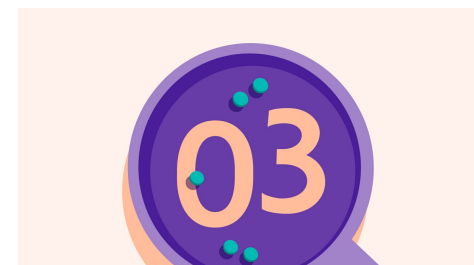
Beat **1 large egg** in a medium bowl.

In a sealable bag, combine **panko**, **1 teaspoon each of oil and salt**, and **a few grinds of pepper**; rub together to blend.



### 2. Bake zucchini fries

Lightly **oil** a rimmed baking sheet. Dip **zucchini** in **egg**, letting excess drip back into bowl. Add zucchini to bag with **panko mixture**; shake to coat. Tap off excess and arrange in a single layer on baking sheet. Bake on lower oven rack, flipping once, until golden and easily pierced with a fork, 18–22 minutes. Season to taste with **salt**.



### 3. Prep ingredients

While **zucchini fries** bake, thinly slice **mozzarella**.

Cut **tomatoes** crosswise into ½-inch thick slices.

Pick **basil leaves** from stems; discard stems.

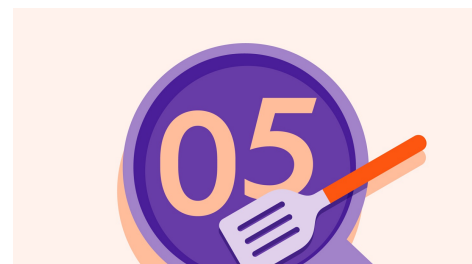
Split **ciabatta rolls**. Lightly brush both sides of rolls and tomatoes with **oil**; season tomatoes with **salt** and **pepper**.



### 4. Grill bread & tomatoes

Preheat a grill or grill pan to high. Once hot, grill **ciabatta rolls**, flipping once, until charred, 1–2 minutes (watch closely).

Grill **tomatoes**, flipping once, until charred, about 1 minute per side.



### 5. Finish & serve

Layer **grilled tomatoes**, **sliced mozzarella**, and **basil leaves** on **grilled ciabatta rolls**.

Serve **caprese ciabatta** with **zucchini fries** alongside. Enjoy!



### 6. Make it picky eater proof

After you top the grilled bread and tomatoes with the sliced mozzarella in step 5, stick it under the broiler to melt for 1–2 minutes, until browned and bubbly. Voila! Ciabatta margheritas pizza!