



LOW CALORIE

Mushroom Parmigiana

with Garlic-Buttered Broccoli



30min



2 Servings

In this healthier twist on the usual Parm, meaty portobello mushrooms take the place of eggplant or chicken. And great news: You can skip the bother (and mess!) of breading and frying. Don't worry, though—you'll still have the coveted layer of melty cheese on top. The mushrooms are served on toasted ciabatta, which adds a little crunch and sops up all of the saucy goodness.

What we send

- garlic
- 2 (2 oz) shredded fontina ¹
- 14½ oz whole peeled tomatoes
- 1 ciabatta roll ²
- 6 oz portobello mushroom
- ½ lb broccoli

What you need

- 2 Tbsp butter ¹
- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 490kcal, Fat 29g, Carbs 47g, Protein 17g



1. Prep ingredients

Preheat broiler with top rack 6 inches from heat source and a rack in the lower third of oven. Put **1½ tablespoons butter** in a small bowl to soften until step 6. Peel and finely chop **2 teaspoons garlic**. Finely chop **fontina**. Use kitchen shears to cut **tomatoes** directly in can until finely chopped. Split or slice **ciabatta** in half, if necessary,



2. Cook mushrooms

On a rimmed baking sheet, generously brush **mushrooms** with **oil**, then season to taste with **salt** and **pepper**. Broil on top rack, flipping once, until charred and softened, 6-8 minutes (mushrooms will shrink in size). Transfer mushrooms to a plate and reserve baking sheet. Reduce oven temperature to 450°F.



3. Make sauce

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **1 teaspoon of the chopped garlic**; cook, stirring, until fragrant, 30 seconds. Add **tomatoes** and **½ tablespoon butter**; season with **salt** and **pepper**. Bring to a boil. Simmer until reduced to 1¼ cups, 5-6 minutes. Spoon half of the sauce into a measuring cup. Reserve skillet with remaining sauce.



4. Roast broccoli

Meanwhile, cut **broccoli** in 1-inch florets, then toss on reserved baking sheet, with **½ tablespoon oil**. Roast on lower oven rack until tender, 6-8 minutes.



5. Bake Parmigiana

Meanwhile, add **mushrooms**, gill-sides up, to sauce in skillet. Cover with remaining sauce, then scatter **fontina** over top. Bake on top oven rack until cheese melts, 4-5 minutes. Meanwhile, place **ciabatta**, cut-sides down, on baking sheet with **broccoli**; bake until toasted, 3-4 minutes (watch closely).



6. Finish & serve

Add **remaining garlic** to bowl with **softened butter**, season to taste with **salt** and **pepper**, and mash with a fork to combine. Toss into hot **broccoli** until melted. Top **ciabatta** with **mushroom Parmigiana**, spoon extra **sauce** on top, and serve alongside **garlic-butter broccoli**. Enjoy!