



Cousin Nikki's Plant-Based Stuffed Eggplant

with Toasted Parmesan Breadcrumbs



30-40min



2 Servings

If you know anything about Cousin Nikki, you know she's not subtle. Only someone with big hair and even louder clothes can make a dish as deliciously bold as this! Succulent eggplant caramelizes in the oven, and a garlicky plant-based sauce that tastes like it's been simmering for hours is actually speedy enough for any weeknight. That leaves you enough time to catch My Big Fat Greek Wedding 3, only in theaters September 8.

What we send

- 1 eggplant
- 1 yellow onion
- garlic
- ½ lb pkg Impossible patties ⁶
- ¼ oz Italian seasoning
- 8 oz tomato sauce
- 1 oz panko ¹
- 1 romaine heart
- ¾ oz Parmesan ⁷
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- red wine vinegar (or vinegar of your choice) ¹⁷

Tools

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

Allergens

Wheat (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 42g, Carbs 59g, Protein 31g



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 plant-based stew

Heat **1 teaspoon oil** in a medium skillet over medium-high. Add **onions** and **Impossible patties**; cook, breaking up 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 **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!