



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 Parmesan cheese.

What we send

- 1 eggplant
- garlic
- 14½ oz can whole peeled tomatoes
- 2 oz panko ³
- 2 (¾ oz) Parmesan ²
- 3¾ oz mozzarella ²
- 5 oz baby spinach
- 2 oz roasted red peppers
- 1 romaine heart
- 1 pkt balsamic vinaigrette

What you need

- olive oil
- kosher salt & ground pepper
- 2 large eggs ¹
- sugar

Tools

- rimmed baking sheet
- box grater
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 46g, Carbs 61g, Protein 31g



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 ¼-inch thick rounds. Finely chop **2 teaspoons garlic**. Finely grate **Parmesan**, if necessary. Using kitchen shears, cut **tomatoes** in the can until finely chopped.



4. Prep filling

Coarsely chop **spinach**. Coarsely grate **mozzarella**; combine with **half of the remaining Parmesan**.



2. Bake eggplant

In a shallow bowl, stir to combine **panko**, **2 tablespoons oil**, **¼ of the Parmesan**, and **½ teaspoon salt**. In a second shallow bowl, beat **2 large eggs**. Dip each **eggplant slice** into egg. Let excess drip off, then lightly dredge in panko mixture, pressing to coat. Transfer to **oiled** baking sheet. Bake on lower oven rack until golden, about 20 minutes.



5. Assemble & bake Parm

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



3. Make sauce

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **¾ of the garlic** and cook, stirring, 10 seconds. Add **tomatoes**, **¼ cup water**, and **¼ teaspoon each of salt, pepper, and sugar**. Bring to a boil over high heat. Reduce to medium-high; cook until sauce is reduced to 1½ cups, 6-8 minutes. Transfer to a heatproof measuring cup. Reserve skillet for step 5.



6. Make salad & serve

Coarsely chop **roasted peppers**. Halve **romaine**, then cut crosswise into ½-inch pieces, discarding stem end. In a medium bowl, toss **peppers**, **romaine**, and **remaining Parmesan** with **vinaigrette**; toss to combine. Serve **eggplant Parmesan** with **chopped Italian salad**. Enjoy!