

DINNERLY



Low-Carb Eggplant Parm Rollatini with Ricotta & Parsley



40-50min



2 Servings

This no-fuss low-carb eggplant rollatini is pretty much everything we've ever wanted in a meal: tender eggplant wrapped around a three-cheese combo baked in a recyclable tray. Creamy ricotta, shredded Parmesan, and fresh mozzarella make up the cheesy filling, while saucy marinara and a final sprinkle of cheese finish off the rollatini before being baked to golden perfection. We've got you covered!

WHAT WE SEND

- 1 eggplant
- ¼ oz fresh parsley
- 3¼ oz mozzarella ²
- ¾ oz Parmesan ²
- 4 oz ricotta ²
- 8 oz marinara sauce
- aluminum foil tray

WHAT YOU NEED

- kosher salt & ground pepper
- 1 egg yolk ¹

TOOLS

- microwave
- box grater
- aluminium foil

ALLERGENS

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

NUTRITION PER SERVING

Calories 410kcal, Fat 24g, Carbs 25g, Protein 27g



1. Slice eggplant

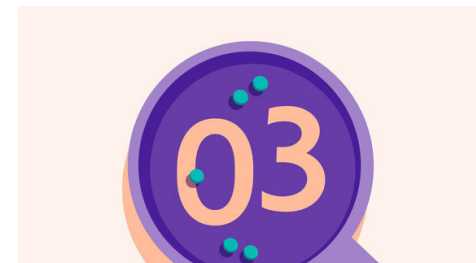
Preheat oven to 400°F with a rack in the upper third. Trim top of **eggplant** to remove stem. Thinly slice lengthwise into ⅛ –¼-inch slices, discarding end slices (should yield about 10 slices total).

Roughly chop **parsley leaves**; discard stems.



2. Prep eggplant

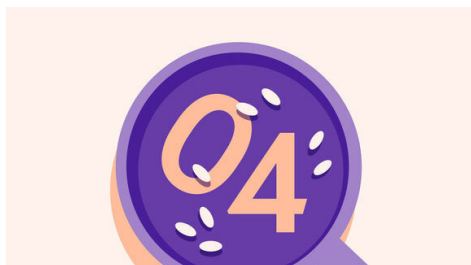
Arrange a layer of **eggplant slices** on a paper towel-lined plate and sprinkle with **salt**. Cover with another paper towel; repeat with remaining slices. Top with another paper towel and microwave on high heat until eggplant slices are tender and fold easily, 6–7 minutes, flipping stack halfway through. Set aside to cool slightly.



3. Make filling

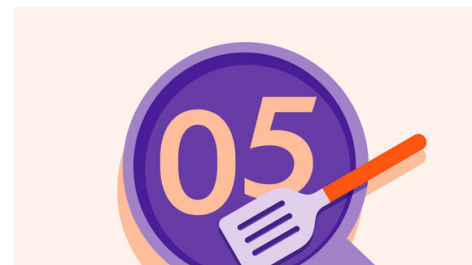
Meanwhile, grate **mozzarella** using the large holes of a box grater. Finely grate **Parmesan**, if necessary. In a small bowl, whisk together **ricotta**, **1 egg yolk**, **half of the chopped parsley**, and **half each of the mozzarella and Parmesan**. Season with a **generous pinch each of salt and pepper**.

Spread a thin layer of **marinara sauce** on the bottom of the aluminum tray.



4. Make rollatini

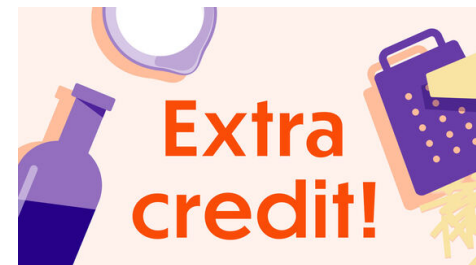
Arrange **eggplant slices** on a work surface. Divide **filling** among slices, and roll up, starting with the narrower end. Arrange **rollatini**, seam-side down in prepared tray. Spoon over **remaining marinara sauce**, and top with **remaining mozzarella and Parmesan**.



5. Bake & serve

Cover tray with aluminum foil and bake, covered, until **eggplant** is very tender and **cheese** is melted, 25–30 minutes. Switch oven to broil. Remove foil from tray and broil on upper rack until cheese is browned, 2–3 minutes (watch closely as broilers vary).

Cool for 5 minutes before serving. Garnish with **remaining parsley**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.