



**NUTRITION** *per serving* 93g carbohydrates 51g fat 37g protein 1305mg sodium | vegetarian, nut-free



Calories  
883



Prep & Cook Time  
25-35 min.



Cook Within  
7 days



Difficulty  
Expert



Spice Level  
Not Spicy

#### IN YOUR BOX

- 1 Eggplant
- 1 Lemon
- 4 oz. Vegetable Oil
- ½ Cup Flour
- 6 oz. Heavy Cream
- 1 Cup Panko Breadcrumbs
- 2 Italian Rolls
- 8 oz. Pizza Sauce
- 2 oz. Spinach
- ½ oz. Grated Parmesan Cheese
- 4 Mozzarella Slices

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Medium Pan
- 3 Mixing Bowls

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HOME CHEF

## Eggplant Parmesan Sandwich

with spinach-lemon salad

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **350 degrees**
- Prepare a baking sheet with foil

## WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Dispose of **vegetable oil** responsibly by removing from pan into a heat-safe container. Never pour down sink!
- **Heads Up!** **Parmesan cheese** is used twice in this recipe. Half goes in **salad** and half is sprinkled as garnish.

## FROM THE CHEF

Be sure to season eggplant with a pinch of salt and pepper immediately after removing from oil. Salt adheres better while it's still glistening with residual oil.

### Did you know...

*Eggplant Parmesan has many variations, including entrées made with cutlets of meat such as chicken or veal, but eggplant is the earliest and most authentically Italian version.*



1

### Prepare the Ingredients

Trim ends off **eggplant**, peel, and slice into eight ½” rounds. Quarter **lemon**.



2

### Bread the Eggplant

Heat **vegetable oil** in a medium pan over medium heat. Set up a breading station: place **flour** in one mixing bowl, **heavy cream** in a second mixing bowl, and **panko** in a third bowl. Season all three bowls with ¼ tsp. **salt**. Coat **eggplant slices** in flour, then dip in heavy cream, and then in panko. Place coated slices on a plate. Thoroughly wash one bowl to use for tossing spinach later.



3

### Cook the Eggplant

Line a plate with a paper towel. Test **oil** temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat. Working in batches, carefully place 2-4 **eggplant slices** in hot oil and fry 3-4 minutes on each side, or until golden brown. Remove cooked slices to prepared plate and season with a pinch of **salt and pepper**. Wipe pan clean.



4

### Warm Sauce and Toast Italian Rolls

Slice **Italian rolls**, place on prepared baking sheet, and brush with 2 tsp. **olive oil**. Bake 5 minutes, or until warm and crispy. *Alternatively, place rolls in your toaster and set to desired doneness.* Return pan from cooking eggplant to medium heat. Add **pizza sauce** to pan and heat through, 1-2 minutes.



5

### Prepare the Spinach

In cleaned mixing bowl, toss **spinach** with juice of a **lemon quarter** or two (to taste), half the **Parmesan cheese**, 2 tsp. **olive oil**, and a pinch of **salt**.



6

### Plate the Dish

Place bottom half of **Italian roll** on a plate. Top with 3-4 slices **cooked eggplant**, 2 **mozzarella slices**, and **pizza sauce**. Serve **salad** on side, and sprinkle remaining **Parmesan cheese** on top of pizza sauce and salad. Cover sandwich with **top roll**. Serve with remaining **lemon quarters**.