



NUTRITION *per serving* 48g carbohydrates 32g fat 33g protein 1796mg sodium | low-calorie, vegetarian, soy-free, shellfish-free, nut-free



Calories
568



Prep & Cook Time
45-55 min.



Cook Within
7 days



Difficulty
Intermediate



Spice Level
Not Spicy

IN YOUR BOX

- 1 Eggplant
- 3 Basil Sprigs
- 5 oz. Artichoke Hearts
- 2 Garlic Cloves
- ¼ cup Panko Breadcrumbs
- 14 ½ oz. Diced Tomatoes, Canned
- ½ cup Ricotta Cheese
- 5 oz. Shredded Mozzarella

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Oven-Safe Casserole Dish
- Wire-Mesh Strainer
- Small Bowl
- Large Non-Stick Pan

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HOME CHEF

2 SERVINGS SHOWN

Eggplant Lasagna

with artichokes and ricotta cheese

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a casserole dish with cooking spray
- Place a wire-mesh strainer in the sink

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.
- **Heads Up!** Basil is used three times. Reserve a couple **whole leaves** for garnish and coarsely chop remaining. $\frac{3}{4}$ of chopped basil goes in **sauce** and remaining is sprinkled over finished **lasagna**.

FROM THE CHEF

Searing eggplant before baking lasagna develops its full flavor potential. Be sure not to overcrowd pan so eggplant browns quickly and evenly.

Did you know...

Ricotta is not technically a cheese but rather a dairy product because it's made from whey, a by-product of making other cheeses.



1

Prepare the Ingredients

Trim ends off **eggplant** and slice into $\frac{1}{2}$ " rounds. Stem and coarsely chop **basil** (reserve couple **whole leaves** for garnish). Drain **artichokes** and coarsely chop. Mince **garlic**. Stir together **breadcrumbs** and $\frac{1}{2}$ tsp. **olive oil** in a small bowl.



2

Sear the Eggplant

Place a large non-stick pan over medium-high heat. Cooking in batches, add 1 Tbsp. **olive oil** and **eggplant rounds** in a single layer into hot pan. Sear until deeply browned, 2-3 minutes per side. Remove to a plate and season with $\frac{1}{4}$ tsp. **salt**. Repeat process with remaining eggplant, replenishing oil if needed. Reserve pan; no need to wipe clean.



3

Make the Tomato Sauce

Return pan used to cook eggplant to medium-high heat. Add 1 tsp. **olive oil** and **garlic** to hot pan. Cook until aromatic, 30 seconds. Add **diced tomatoes**, bring to a boil, and cook until slightly reduced, 2-3 minutes. Add $\frac{3}{4}$ the **chopped basil** (reserve remaining for topping lasagna), $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Stir and remove from burner.



4

Build the Lasagna

Layer **half the eggplant** on the bottom of prepared casserole dish. (You may also use a cast-iron skillet.) Add **ricotta cheese**, **half the artichoke hearts**, **half the mozzarella**, and $\frac{1}{4}$ the **tomato sauce** on top of eggplant. Top with remaining eggplant, followed by remaining artichoke hearts, remaining tomato sauce, and remaining mozzarella cheese. Sprinkle top with **breadcrumbs**.



5

Bake the Lasagna

Bake **lasagna** until heated through and top is golden brown, 15-18 minutes. Sprinkle with **remaining basil** and rest 3-5 minutes. *Resting allows cheese to set just enough that it doesn't leak out after cutting into lasagna.*



6

Plate the Dish

Garnish **lasagna** with **reserved whole basil**. Cut into desired number of pieces and serve family style.