



HIGH-PROTEIN MEALS

Cottage Cheese Mac and Cheese

Mac and cheese with a secret.

🕒 20 min

🍴 Serves 2

🔥 670 kcal per serving

🌱 High-protein

5 min
PREP

15 min
COOK

20 min
TOTAL

Easy
LEVEL

🔪 YOU'LL NEED

Large pot

Blender or stick blender

Colander

Wooden spoon

NUTRITION PER SERVING

ESTIMATED

670
KCAL

37g
PROTEIN

85g
CARBS

20g
FAT

Estimated: the sum of USDA FoodData Central values for each ingredient, divided by 2 servings.

Ingredients

FOR 2 SERVINGS

INGREDIENT	METRIC	IMPERIAL	NOTE
☐ Elbow macaroni, dry	200 g	7 oz	about 1⅓ cups dry
☐ Low-fat (2%) cottage cheese	225 g	8 oz	1 cup
☐ Reduced-fat (2%) milk	120 ml	½ cup	
☐ Sharp cheddar, shredded	85 g	3 oz	about ¾ cup
☐ Garlic powder	2.5 ml	½ tsp	
☐ Dry mustard powder	1.25 ml	¼ tsp	optional, makes it taste cheesier
☐ Salt and black pepper	to taste	to taste	plus salt for the pasta water
☐ Fresh chives, chopped (optional, to garnish)	15 ml	1 tbsp	



Method

4 STEPS · 20 MIN

1

STEP 1 · Blend the sauce

Put a large pot of well-salted water on to boil. Meanwhile, blend the cottage cheese, milk, garlic powder and mustard powder for about **1 minute**, until completely smooth with no curds left.

🌀 Blender

🕒 1 min



2

STEP 2 · Cook the pasta

Boil the macaroni for **8–10 minutes**, until just tender. Save **½ cup (120 ml)** of the pasta water, then drain.

🔥 High

🌀 Large pot

🕒 8–10 min



3

STEP 3 · Make it creamy

Put the drained pasta back in the pot over **low heat**. Stir in the blended sauce and the cheddar for **2–3 minutes**, until the cheese melts. Keep the heat low so the sauce stays smooth, and loosen it with a splash of pasta water.

🔥 Low

🌀 Large pot

🕒 2–3 min



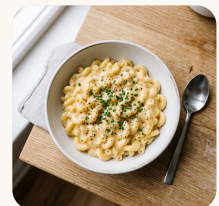
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STEP 4 · Season and serve

Season with salt and black pepper, spoon into bowls and scatter the chives on top. Serve straight away.

🍽 Bowls

🕒 1 min



Good to know

📖 ALLERGENS

Contains: Milk, Wheat.

Check the labels of what you buy: brands differ.

📦 STORAGE

Keeps 3 days in the fridge in a closed container.

Reheat gently with a splash of milk, stirring, until hot.

💡 TIPS

- Blend the cottage cheese until there are no curds at all: that is what makes the sauce silky.
- Low heat only once the sauce is in: boiling can make cottage cheese turn grainy.



ENJOY

Save this for your next comfort-food night

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Nutrition values are estimates from standard reference data, not lab measurements.

