

HIGH PROTEIN HAMBURGER HELPER

INGREDIENTS

- 500g lean ground beef (90–95% lean)
- 240g high-protein pasta (dry weight, e.g., chickpea or lentil pasta)
- 200g blended low-fat cottage cheese
- 100g low-fat shredded cheese (e.g., mozzarella or cheddar)
- 100g onion, diced
- 200g zucchini, diced or shredded
- 10g olive oil (about 2 tsp)
- 1 tsp garlic powder
- ½ tsp smoked paprika
- Salt and pepper to taste
- Optional: chili flakes, mustard, or Worcestershire for flavor boost

DIRECTIONS

- Cook Pasta: Boil the pasta in salted water according to package directions. Drain and set aside.
- Cook the Beef & Veggies: In a large skillet, heat olive oil over medium heat. Add diced onion and zucchini and sauté for 5–6 minutes.
- Add the ground beef and cook until browned. Drain any excess fat if needed.
- Create the Sauce: Lower the heat. Stir in the blended cottage cheese, garlic powder, paprika, and season with salt and pepper. Mix until creamy and heated through.
- Combine & Melt: Add the cooked pasta to the skillet and stir well. Sprinkle in the shredded cheese and stir until melted and well-combined.
- Serve Hot: Divide into 4 portions. Optional: garnish with parsley or chili flakes.



Macros (Per Serving):

Calories: 656.6 kcal

Protein: 59.4 g

Carbs: 38.8 g

Fat: 29.6 g

This high-protein "Hamburger Helper" is a creamy, comforting one-pan meal. It's loaded with savory flavor, balanced with tender zucchini and onion, and packs nearly 60 grams of protein per serving—perfect for a satisfying and muscle-friendly dinner.