

HIGH PROTEIN CHICKEN ALFREDO PASTA

INGREDIENTS

- 150g high-protein pasta
- 200g cooked chicken breast, chopped
- 200g low-fat cottage cheese (blended)
- 2 tbsp grated Parmesan cheese
- 100ml skim milk
- 1 clove garlic, minced
- Salt & pepper to taste
- Optional: 1 cup spinach or peas

DIRECTIONS

- Cook the pasta: Bring a pot of salted water to a boil. Add the high-protein pasta and cook according to package instructions until al dente. Drain and set aside.
- Prepare the chicken (if not pre-cooked): Season raw chicken breast with salt, pepper, and garlic powder. Cook in a skillet over medium heat until golden and cooked through (internal temp: 165°F/74°C). Let rest for a few minutes, then chop or shred.
- Make the alfredo sauce: In a blender, blend the cottage cheese until smooth. In a medium saucepan over medium-low heat, add 1 tsp olive oil (optional) and sauté the garlic for 30–60 seconds until fragrant. Add the blended cottage cheese, skim milk, Parmesan, and a pinch of salt and pepper.
- Stir constantly and cook for 3–5 minutes, until the sauce is warm, smooth, and slightly thickened. Don't let it boil—just gently heat through.
- Combine pasta, chicken, and sauce: Add the cooked chicken to the sauce and stir to coat. Toss in your drained pasta and stir until everything is well combined. If using spinach or peas, stir them in and let the heat wilt or warm them through.



Macros

Calories: ~500

Protein: ~48g

Carbs: ~38g

Fat: ~16g

Makes two servings

This creamy Alfredo-style pasta swaps heavy cream for blended cottage cheese, keeping it rich in flavor but light on calories. Paired with juicy chicken breast and high-protein pasta, it's a satisfying meal with over 45g of protein per serving. Quick, cozy, and perfect for meal prep!