ITALIAN · DINNER

Creamy Cottage Cheese Turkey Bolognese

30 min · Serves 6 · 457 kcal a serve · Video 7:19 · Clean & Delicious

Gluten-free ingredients · No nuts listed

Blending cottage cheese into the tomato sauce makes it creamy without cream, and with lean turkey and chickpea pasta each serve gives about 35 g of protein and around 12 g of fibre.

Diet notes: Low saturated fat (4 g, 8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 14 · SERVES 6

- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 1 small **onion**, diced (about 1 heaped cup)
- [ ] 3 large **garlic** cloves, minced
- [ ] ¼ tsp **crushed red pepper flakes**, plus extra to taste
- [ ] 450 g **lean ground turkey**
- [ ] 35 g grated **parmesan**
- [ ] 230 g **low-fat cottage cheese**
- [ ] 1 × 680 g jar **marinara sauce**
- [ ] 2 tsp **Italian seasoning**
- [ ] **salt**, to taste
- [ ] **pepper**, to taste
- [ ] 4 g **fresh basil leaves**, torn, to serve
- [ ] extra grated **parmesan**, to serve
- [ ] **chickpea or lentil pasta**, about 56 g dry per person, 340 g dry for 6 (our estimate)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm the olive oil in a large sauté pan over medium heat. Add the onion with a pinch of salt and cook about 5 minutes until soft and translucent, then add the garlic and chilli flakes for 1–2 minutes. 1:30
2. Add the turkey with salt, pepper and a little of the Italian seasoning. Break it into small crumbles and cook 5–7 minutes until no pink remains, then turn the heat right down. 2:16
3. Blend the marinara sauce and cottage cheese until completely smooth and creamy. 3:24
4. Pour the sauce over the turkey, add the parmesan, the rest of the Italian seasoning and more chilli if you like. Simmer gently 10–15 minutes, tasting for salt and pepper. 4:28
5. Meanwhile cook the chickpea or lentil pasta, checking it early (after 3–4 minutes) as it softens quickly. Drain and top with the sauce, basil and extra parmesan. 5:04

> **Tip** Serves 6 (240 ml of sauce each, per her recipe); the pasta is our estimate of one 55 g box serving each. Sauce keeps 4 days in the fridge; thin with broth, water or milk to reheat. Zucchini noodles also work.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
457 kcal	36 g	48 g
1,910 kJ	72% of a day	36 g net · 14 g sugars
		17% of a day

FIBRE	FAT	SODIUM
12 g	15 g	740 mg
42% of a day	4 g saturated	32% of a day
	19% of a day	

Energy from net carbs 34% · protein 34% · fat 32%

High in (20%+ of a day) Folate 61% · Selenium 57% · Vitamin B12 50% · Zinc 42% · Vitamin B6 42% · Iron 32% · Magnesium 25% · Potassium 21%

Source of (10–19%) Calcium 19% · Vitamin C 17% · Vitamin E 14% · Vitamin K 13%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=tjk0sPbz1PU, published 21 February 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cottage-cheese-turkey-bolognese