AMERICAN · BREAKFAST

High-Protein Breakfast Casserole with Turkey and Broccoli

55 min | Serves 8 | 376 kcal a serve | Video 4:00 · Ethan Paff

Gluten-free ingredients | Nut-free

Lean turkey, eggs and cottage cheese give about 40 g protein for only 9 g net carbs a serve, with broccoli for vitamin C — a filling make-ahead breakfast with no bread or potato.

Diet notes: Low carb (8.7 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 10 · SERVES 8

- [ ] ½ **shallot**, minced
- [ ] 2 **garlic** cloves, minced
- [ ] ½ cup **mushrooms**, roughly chopped (optional)
- [ ] 1 lb 93/7 **lean ground turkey**
- [ ] 2 tsp (½ oz) **salt**, divided (1 tsp for the turkey, 1 tsp for the eggs)
- [ ] 1 tsp (3 g) **ground white pepper**
- [ ] 1 tbsp (3 g) **rubbed sage**
- [ ] 18 large **eggs**
- [ ] 2 × 16 oz **tubs 2% cottage cheese**
- [ ] 12 oz bag **frozen broccoli florets**, microwaved and drained

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

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mince half a shallot and the garlic and roughly chop the mushrooms. Heat the oven to 375°F. 0:21
2. Brown the ground turkey in a hot pan over medium heat, seasoning it with 1 tsp salt, and flip it once the underside colours. 1:25
3. Add the mushrooms to cook down with the meat, then the white pepper and sage; mash the mixture into a fine mince with a potato masher. Stir in the shallot and garlic and turn off the heat. 1:40
4. Crack the 18 eggs into a large bowl, add the second tsp of salt and whisk well. 2:09
5. Whisk in the cottage cheese (blend it first if you don't want curds), then the cooked turkey and mushroom mixture. 2:33
6. Microwave the frozen broccoli with a splash of water for about 4 minutes, drain off the liquid so the bake isn't watery, and stir it in. 2:56
7. Pour into a 9 × 13 inch glass baking dish (greasing is optional) and bake 40 minutes, until firm and browned on top. Cut into portions and refrigerate for the week. 3:26

> **Tip** The cook eats it as 5 big servings (about 550 kcal, 2 oz protein each) and gives macros for 8 or 10; we use 8. Cottage cheese is salty, so you can halve the salt. Keeps 4–5 days in the fridge.

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

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
376 kcal	**40 g**	**10 g**	**1.5 g**	**19 g**	**1,140 mg**
1,570 kJ	80% of a day	8.7 g net · 6.9 g sugars	5% of a day	6.5 g saturated	50% of a day
		4% of a day		25% of a day	

Energy from net carbs 10% · protein 44% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 116% · Vitamin B12 104% · Vitamin C 43% · Vitamin K 39% · Zinc 32% · Vitamin B6 32% · Vitamin A 23% · Folate 23%

Source of (10–19%) Calcium 17% · Iron 15% · Vitamin D 13% · Potassium 12% · Magnesium 11% · Vitamin E 11%

Recipe and video: Ethan Paff (@ethanpaff) on YouTube — youtube.com/watch?v=DHYeawcc-2k, published 28 December 2024. 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/turkey-broccoli-cottage-cheese-egg-bake