Broccoli, Cheddar and Cottage Cheese Breakfast Slab

1 square breakfast slab cut into 4 equal portions | Active 20 min | Cook 40 min | Total 70 min

Ingredients

- 3 cups small broccoli florets (300 g)
- 1 tablespoon olive oil (15 ml), divided
- 1 red bell pepper, diced (150 g prepared)
- 8 large eggs (400 g without shells)
- 1 1/4 cups 2% cottage cheese (300 g)
- 1/4 cup 2% milk (60 ml)
- 1/4 cup all-purpose flour (30 g)
- 1/2 teaspoon fine salt (3 g)
- 1/2 teaspoon ground black pepper (1 g)
- 1 cup shredded cheddar cheese (100 g)

Set out

9-inch/23 cm square baking dish, at least 2 inches/5 cm deep, Steamer basket or microwave-safe covered bowl, Medium skillet, Whisk, Food thermometer

Allergens

Egg, Milk, Wheat. Check labels and substitutions.

Make it

1. Heat the oven to 375°F/190°C. Grease the baking dish with 1 teaspoon of the oil.

2. Steam the broccoli for 3–4 minutes until just tender. Drain thoroughly, spread on a clean towel and allow steam to escape. Blot and chop into small pieces.

3. Heat the remaining 2 teaspoons oil in the skillet over medium heat. Cook the diced pepper for 5 minutes, stirring, until softened. Spread broccoli and pepper evenly in the baking dish.

4. Whisk eggs, cottage cheese, milk, flour, salt and black pepper until the flour is dispersed. Pour over the vegetables and scatter cheddar evenly on top.

5. Bake for 35–40 minutes, until the center no longer jiggles and a thermometer inserted into the middle reaches 165°F/74°C. Rest for 10 minutes, then cut into four equal squares.

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Estimated nutrition per serving

Calories: 405 kcal | Protein: 29.9 g | Carbohydrate: 19.0 g | Fat: 23.7 g | Fiber: 3.0 g. One of 4 servings. Batch yield: 1 square breakfast slab cut into 4 equal portions. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A breakfast you can divide reliably

Cut the cooled slab into the same four pieces before packing, rather than shaving off a different slice each morning. The stated serving includes one quarter of the complete bake. Toast or fruit can be served alongside according to appetite, but they are separate from the base recipe and its nutrition estimate.

A useful detail

Small cottage-cheese curds remain visible in the finished slab. If you prefer an even texture, briefly blend the cottage cheese, eggs and milk before whisking in the flour.

Another way

Replace the bell pepper with 150 g diced zucchini; cook until its released moisture has evaporated before adding it.

Use 100 g grated Swiss cheese instead of cheddar, keeping the same four-portion yield.

Keep it well

Refrigerate portions in shallow containers within 2 hours, or 1 hour above 90°F/32°C; keep at 40°F/4°C or below for up to 3 days. Reheat a covered portion to 165°F/74°C throughout. Freeze individually for up to 2 months and thaw in the refrigerator. Pack cold portions with two cold sources.