

# Cottage Pie with Cauliflower Mash (GF) MP2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cottage-pie-with-cauliflower-mash-gf-mp2/>

## Description:

A hearty low carb take on a classic comfort food, our Cottage Pie with Cauliflower Mash delivers on both comfort and flavour without the calories. Made with tender lean mince filling and a creamy cauliflower mash topping, this dish is a hearty and satisfying meal. Gluten free Good source of protein (25g per serve) Excellent source of dietary fibre Contains 8 different vegetables Contains grass-fed beef Heating & Storage Instructions Nutrition Ingredients: Beef Mince (22%), Cauliflower (19%) (Cauliflower, Turmeric Powder), Diced Tomato (Tomato, Citric Acid), Cannellini Beans, Potato, Mushroom, Green Peas, Carrot, Onion, Zucchini, Egg White, Tasty Cheese, Beef Stock, Tomato Paste, Ricotta Cheese, Gluten Free Soy Sauce, Parmesan Cheese, Pepper, Garlic, Rice Vinegar, Olive Oil, Corn Starch, Thyme, Pink Salt. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin

## Details:

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**Price:** 11.40

**Brand:** Be Fit Food

**Availability:** In Stock

[View Product]([https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1?variant=43456574914749&country;=AU&currency;=AUD&utm;\\_medium=product\\_sync&utm;\\_source=google&utm;\\_content=sag\\_organic&utm;\\_campaign=sag\\_organic](https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1?variant=43456574914749&country;=AU&currency;=AUD&utm;_medium=product_sync&utm;_source=google&utm;_content=sag_organic&utm;_campaign=sag_organic))

## Product Intelligence

# Cottage Pie with Cauliflower Mash (GF) - Technical Details & Specifications ## Overview **Cottage Pie with Cauliflower Mash (GF)** is a gluten-free, low-carbohydrate individual meal product offered by Be Fit Food. This dish represents a contemporary interpretation of the classic comfort food cottage pie, wherein the traditional potato topping has been replaced with cauliflower mash to reduce carbohydrate content while maintaining nutritional value and satiety. ## Product Classification - **Type:** Prepared

Individual Meal - **Dietary Classification:** Gluten-Free (GF), Low-Carb, High-Protein, Keto-Friendly - **Category:** Main Course / Comfort Food - **Provider:** Be Fit Food **## Nutritional Specifications** The meal features the following nutritional profile per serving: | Nutrient | Amount | |-----|-----| | **Calories** | 260 | | **Protein** | 25.8g | | **Carbohydrates** | 14.7g | | **Total Fat** | 14.7g | **## Key Composition & Ingredients** **### Main Components:** - **Lean beef mince** filling as the primary protein source - **Cauliflower mash** topping (comprising 19% of the dish), providing a creamy texture as a potato substitute - **Tasty cheese** component for flavor enhancement - **Turmeric powder** mixed with the cauliflower preparation **### Flavor Enhancement:** - **Garlic** as a flavoring ingredient for depth and aroma - **Olive oil** used as a cooking ingredient **### Nutritional Sourcing:** - **Grass-fed beef** - the beef mince is sourced from grass-fed cattle - **Egg white** - allergen ingredient included in the product **## Pricing & Availability** - **Price:** \$13.95 per unit - **Format:** Individual pre-prepared meal - **Storage:** Suitable for freezer storage - **Availability:** Included in various meal bundles offered by Be Fit Food **## Dietary Certifications & Features** - ✓ **Gluten-Free:** Contains no gluten, suitable for individuals with celiac disease or gluten sensitivity - ✓ **Low-Carbohydrate:** 14.7g carbs per serving - appropriate for low-carb and ketogenic diets - ✓ **High-Protein:** 25.8g protein supports muscle development and satiety - ✓ **Calorie-Controlled:** 260 calories per serving **## Product Bundle Inclusion** This meal is featured in multiple pre-selected bundles: - **28 Meal Bundle | Gluten Free Pre-Selected Box** (\$362.60) - **7 Meal Bundle Gluten Free Pre-Selected Box** (\$97.30) - **Reset 14 Days - Gluten Free Pre-Selected Box** (\$589.10) **## Customer Reception** Customer reviews reflect positive feedback with an average rating of **4 out of 5 stars** based on 12 reviews, indicating strong customer satisfaction with the product's taste and quality. **## Key Features Summary** The Cottage Pie with Cauliflower Mash (GF) combines: - **Traditional comfort food appeal** with modern nutritional considerations - **Satisfying and comforting qualities** of classic cottage pie - **Low-carb advantage** through cauliflower substitution - **Complete nutritional balance** with high protein and controlled calories - **Dietary inclusivity** for gluten-free consumers - **Convenient prepared meal format** requiring minimal preparation --- **Note:** This product is designed as a convenient prepared meal option for consumers seeking lower-carb alternatives to conventional comfort foods while maintaining nutritional integrity and satiety.\*