

Cottage Pie with Cauliflower Mash (GF) MP4

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cottage-pie-with-cauliflower-mash-gf-mp4/>

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

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****Price:**** 12.05

****Brand:**** Be Fit Food

****Availability:**** In Stock

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Product Intelligence

Cottage Pie with Cauliflower Mash (GF) - Product Details ## Overview ****Cottage Pie with Cauliflower Mash (GF)**** is a gluten-free, low-carbohydrate comfort food meal offered by Be Fit Food. This product represents a contemporary reimagining of the classic cottage pie, distinguishing itself by replacing traditional potato topping with cauliflower mash to reduce carbohydrate content while maintaining nutritional value and satiety. ## Nutritional Specifications The meal provides excellent nutritional

balance with the following per-serving composition: - **Calories:** 260 - **Protein:** 25.8g - **Carbohydrates:** 14.7g - **Dietary Fiber:** Excellent source ## Key Features & Attributes ### Dietary Specifications - **Gluten-Free:** Certified gluten-free formulation suitable for individuals with celiac disease and gluten sensitivities - **Low-Carb:** Designed as a low-carbohydrate meal option - **High-Protein:** Good source of protein at 25g per serving ### Ingredient Composition The meal is crafted with the following primary components: - **Protein Base:** Tender lean grass-fed beef mince filling - **Mash Topping:** Creamy cauliflower mash (comprising 19% of the dish) - **Cauliflower Mash Seasoning:** Turmeric powder - **Vegetables:** Contains 8 different vegetables including: - Diced tomato - Mushroom - Green peas - Carrot - Onion - Zucchini - Potato ### Additional Ingredients Cannellini beans, 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, and pink salt. ## Allergen Information **Contains:** Egg, Milk, Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin ## Pricing & Availability - **Price:** \$13.95 per unit - **Format:** Individual meal serving - **Availability:** Part of Be Fit Food's Individual Meals collection ## Customer Reception The product has received positive customer reviews with a 4-star rating based on 12 verified buyer reviews, with customers praising its taste, satisfying nature, and delicious flavor profile. ### References - [1] bff-products-cottage-pie-with-cauliflower-mash-gf-1.md - [2] bff-collections-individual-meals-1-low-calories.md