

Cottage Pie with Cauliflower Mash (GF) MP5

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/cottage-pie-with-cauliflower-mash-gf-mp5/>

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:

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

****Price:**** 12.75

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

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

[View Product](https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1?variant=43456575013053&country;=AU¤cy;=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, and Features ## Product Overview ****Cottage Pie with Cauliflower Mash (GF)**** is a gluten-free individual meal product offered by Be Fit Food. This product represents a contemporary, low-carbohydrate interpretation of the classic comfort food cottage pie, distinguishing itself by replacing the traditional potato topping with cauliflower mash to reduce carbohydrate content while maintaining nutritional value and satiety. ## Nutritional

Specifications The meal provides the following nutritional profile per serving: - **Calories:** 260 - **Protein:** 25.8 grams - **Carbohydrates:** 14.7 grams This macronutrient composition makes it well-suited for individuals following low-carbohydrate or gluten-free dietary regimens. **Key Features and Attributes** **Dietary Classifications** - **Gluten-Free (GF):** The product is certified gluten-free, making it suitable for those with celiac disease, gluten intolerance, or gluten sensitivities - **Low-Carb:** With only 14.7g of carbohydrates per serving, this meal qualifies as a low-carbohydrate option - **High-Protein:** Contains a good source of protein at 25g per serve **Product Composition** The meal consists of two primary components: **Filling:** - Beef Mince (22%) - Diced Tomato - Cannellini Beans - Potato - Mushroom - Green Peas - Carrot - Onion - Zucchini - Beef Stock - Tomato Paste - Gluten-Free Soy Sauce - Garlic - Rice Vinegar - Olive Oil - Corn Starch - Thyme - Pink Salt **Topping:** - Cauliflower (19%) - Turmeric Powder - Egg White - Tasty Cheese - Ricotta Cheese - Parmesan Cheese **Ingredient Highlights** The dish contains **8 different vegetables**, contributing to its nutritional density and providing essential micronutrients. The meal features grass-fed beef, indicating a commitment to quality protein sourcing. **Allergen Information** **Contains:** Egg, Milk, Soybeans **May Contain:** Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin **Product Specifications** - **Price:** \$13.95 (AUD) - **Format:** Individual frozen meal ready for heating - **Serving Size:** Single serving - **Excellent Source of Dietary Fibre:** The product provides significant dietary fibre content, supporting digestive health **Customer Reception** The product has received multiple verified customer reviews with ratings based on 12 reviews. Customer feedback indicates that the meal is described as delicious, tasty, satisfying, and a great comfort food option. **References** - [1] bff-products-cottage-pie-with-cauliflower-mash-gf-1.md