

Cottage Pie with Cauliflower Mash (GF) RRP

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

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:**** 13.95

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

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

[View Product](https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1?variant=41036670828733&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 ## Product Overview
****Cottage Pie with Cauliflower Mash (GF)**** is a gluten-free individual meal product offered by Be Fit Food. This contemporary interpretation of the classic comfort food distinguishes itself by replacing the traditional potato topping with cauliflower mash to reduce carbohydrate content while maintaining nutritional value and satiety. ## Pricing & Availability - ****Regular Price (RRP):**** \$13.95 - ****Purchase**

Options: **** One-time purchase or subscription available - **Current Status:**** Product availability varies; bundles available from \$12.50 per meal with promotional codes **## Nutritional Specifications** Each serving provides a complete nutritional profile: | Nutrient | Amount | |-----|-----| ****Calories**** | 260 | ****Protein**** | 25.8g | ****Carbohydrates**** | 14.7g | | ****Dietary Fibre**** | Excellent source | **## Key Product Features** **### Dietary Attributes** - ****Gluten Free**** - Suitable for individuals with celiac disease or gluten sensitivity - ****High Protein**** - 25g protein per serving supports muscle maintenance and satiety - ****Low Carb**** - 14.7g carbs per serving, ideal for low-carbohydrate dietary approaches - ****Contains Grass-Fed Beef**** - Quality protein source **### Composition & Ingredients** The meal features: - ****Beef Mince (22%)**** - Tender, lean mince filling - ****Cauliflower (19%)**** - Cheesy mash topping with turmeric powder - ****8 Different Vegetables**** - Including mushroom, green peas, carrot, onion, zucchini, diced tomato, and potato - ****Cannellini Beans**** - Additional protein and fiber source - ****Cheese Components**** - Tasty cheese, ricotta cheese, and parmesan cheese **### Complete Ingredient List** 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. **## Allergen Information** **### Contains** - Egg - Milk - Soybeans **### May Contain** - Fish - Crustacea - Sesame Seeds - Tree Nuts - Peanuts - Lupin **## Preparation & Storage** - ****Heating Instructions:**** Customers can access detailed heating and storage instructions through Be Fit Food's help center - ****Preparation Time:**** Approximately 5 minutes to prepare - ****Storage Format:**** Frozen meal requiring reheating before consumption **## Product Category & Classification** - ****Category:**** Individual Meals - ****Meal Type:**** Main course/comfort food - ****Product Line:**** Be Fit Food's core prepared meal offerings - ****Quality Standard:**** Prepared using real food ingredients without added sugars or artificial sweeteners **## Customer Reception** The product has received positive customer reviews with a 4-star average rating based on 12 verified purchases. Customers have described the meal as: - Delicious and tasty - Great taste and very filling - Satisfying on cold nights - One of favorite meals **## Promotional Information** - Bundle savings available: Purchase individual meals from only ****\$12.50 each**** through healthy meal bundles - Additional discount: ****10% off all bundles**** with code PROTEIN10 **### References** - [1] bff-products-cottage-pie-with-cauliflower-mash-gf-1.md - [2] bff-collections-individual-meals-1-low-calories.md - [3] bff-collections-individual-meals-1-low-carbs.md