

Cottage Pie with Cauliflower Mash (GF) - Product Specification

Details:

Cottage Pie with Cauliflower Mash (GF) ## Original PDF Content > *This section contains the original text extracted from the PDF document, preserved verbatim.* `` --- Page 1 --- Individual Meal: Cottage Pie with Cauliflower Mash (GF) — Deep Product Information 1) Product Identity ●■ Product name (exact / canonical): Cottage Pie with Cauliflower Mash (GF) ●■ Brand: Be Fit Food ●■ Manufacturer: Not publicly specified on the product page (typically shown on the physical pack label). ●■ Product category: Individual Meals ●■ Sub-category: Beef cottage pie / mince-based main meal with cauliflower mash topping (frozen ready meal) ●■ SKU / GTIN / barcode: Not displayed on the public product page. ●■ Variant details (size, flavour, pack type): ■■ Pack type: Single-serve frozen tray meal (sealed tray with film + cardboard sleeve format used across their main meals). ■■ Servings per package: 1 ■■ Serving size: 285 g ■■ Flavour profile / positioning: “Low carb take on a classic comfort food” with a lean beef mince filling and creamy cauliflower mash topping. ■■ Diet tag: Gluten Free (GF) ■■ Other product callouts: Contains grass-fed beef; contains 8 different vegetables (as claimed on the listing). 2) Composition & Nutrition Full ingredient list (as listed publicly) --- Page 2 --- 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. Allergen declarations (mandatory + cross-contact) ●■ Contains: Egg, Milk, Soybeans ●■ May contain (cross-contact): Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin Nutrition panel (per serve & per 100 g) Servings per package: 1 Serving size: 285 g Nutrient Per serve (285 g) Per 100 g Energy 1090 kJ (260 Cal) 381 kJ (91 Cal) Protein 25.8 g 9.0 g Gluten Nil Detected Nil Detected Fat, total 9.2 g 3.2 g – Saturated 3.7 g 1.3 g Carbohydrate 14.7 g 5.2 g – Sugars 8.2 g 2.9 g Dietary fibre 7.3 g 2.6 g Sodium 464 mg 163 mg Additives, preservatives, sweeteners (by name/code) ●■ Citric Acid (listed within diced tomato component)■ --- Page 3 --- ●■ No preservative/additive number codes or sweeteners are listed on the ingredient statement shown publicly. ●■ Note: composite ingredients like beef stock and gluten free soy sauce can sometimes contain additives depending on formulation, but none are declared on the product page ingredient list. Dietary classifications ●■ Gluten free: Yes (and “Gluten: Nil Detected” on the nutrition panel) ●■ Vegetarian: No (contains beef) ●■ Vegan: No (contains beef, egg white, dairy) ●■ Dairy-containing: Yes (tasty cheese, ricotta, parmesan) ●■ Halal / Kosher: Not stated as certified on the product page. 3) Functional Purpose ●■ Primary use case: A convenient, heat-and-eat comfort-style main meal. ●■ Key benefits (health / convenience / taste): ■■ Positioning as a “low carb take” on cottage pie ■■ “Good source of protein” (nutrition supports this at 25.8 g per serve) ■■ “Excellent source of dietary fibre” (7.3 g per serve) ■■ Vegetable variety (claimed “8 different vegetables”) ■■ Portion controlled (single serve) and freezer-friendly ●■ Problem it solves / need it fulfils: Delivers a classic comfort-food style meal without having to cook from scratch, while keeping protein high and being suitable for gluten-free eaters. ●■ Intended consumer: Adults seeking quick frozen meals, people who want higher protein, and people needing gluten-free options (not suitable for those avoiding --- Page 4 --- dairy/egg/soy). 4) Quality & Safety ●■ Country of origin: Not stated on the product page (check the physical pack for formal country-of-origin labelling). ●■ Production method / sourcing (as stated): ■■ Contains grass-fed beef (as claimed on the product listing). ■■ Be Fit Food meals are snap frozen after cooking (their general handling guidance). ●■ Food safety certifications & standards: Not stated on the product page. ●■ Shelf life & best-before / use-by logic: ■■ Best-before/use-by is not shown on the product page; it’s typically printed on the pack label. ■■ General brand guidance: when kept frozen, meals have long frozen shelf life (they reference up to 12

months from production date for meals kept frozen, with some exceptions across the range). ●■ Storage requirements: ■■ Keep frozen. ■■ Once defrosted: keep refrigerated and consume within 3 days (general Be Fit Food guidance for meals). 5) Preparation & Usage How to consume / prepare This is a frozen main meal. Be Fit Food advises following the cooking instructions on the label, with these as their general main-meal methods: --- Page 5 --- Microwave (main meals): 1.■ Remove cardboard sleeve. 2.■ Peel back film about 3 cm (vent). 3.■ Heat 5 minutes from frozen or 3 minutes from defrosted. 4.■ Stand 1 minute and eat. (If not hot throughout, continue heating in short bursts until piping hot.) Stovetop: ●■ From defrosted, transfer to a frypan and stir 2–3 minutes or until heated through. Oven: ●■ Remove sleeve; peel film back about 3 cm; heat at 160°C for 30–40 minutes from frozen or 15–20 minutes from defrosted, stirring every 5–10 minutes; stand 1 minute. Air fryer (main meals): ●■ Remove sleeve; remove film completely; heat at 160°C for 15–20 minutes from frozen or 10–15 minutes from defrosted, stirring every 5–10 minutes; stand 1 minute. Serving suggestions ●■ Add a side salad or extra steamed/roasted vegetables if you want more volume and fibre. ●■ Season to taste (pepper, herbs) if you prefer a stronger flavour profile. Compatibility ●■ Designed for reheating (microwave/oven/air fryer/stovetop after thawing). ●■ Not intended to be eaten without thorough heating.■ --- Page 6 --- 6) Differentiation & Proof ●■ Unique selling points vs typical cottage pie: ■■ Uses cauliflower mash instead of a traditional potato-heavy topping (positioned as “low carb take”). ■■ Higher protein for a single-serve comfort meal (25.8 g per serve). ■■ Includes legumes/veg components (e.g., cannellini beans, peas, multiple vegetables). ■■ Gluten-free with “gluten nil detected” shown in the nutrition panel. ■■ Grass-fed beef claim. ●■ Evidence available on the product listing: ■■ Full ingredient list with key ingredient percentages (beef mince 22%, cauliflower 19%). ■■ Full nutrition panel per serve and per 100 g. ●■ Taste / texture descriptors (based on formulation and positioning): ■■ Savoury beef mince filling with tomato-based elements ■■ Creamy mash-style topping (cauliflower) ■■ Hearty, comfort-food style texture (mince + vegetables + mash) ●■ Sustainability / ethical claims (with proof): ■■ Brand-level claim that meal packaging is recyclable (product page itself doesn’t provide a product-specific sustainability certification). 7) Commercial Signals (optional but valuable) ●■ Typical price (online single item): \$13.95■ --- Page 7 --- ●■ Availability channels: Be Fit Food online store; may also appear through listed retail stockists depending on location. ●■ Subscription / bulk options: Be Fit Food supports bulk ordering through meal bundles/program boxes; recurring ordering is offered in some contexts (e.g., weekly/monthly options depending on offering). ●■ Recall history: No recall information is shown on the product page; official Australian recall listings are the definitive source. 8) Constraints & Warnings ●■ Allergen warnings: Contains egg, milk, soybeans. May contain fish, crustacea, sesame, peanuts, tree nuts, lupin. ●■ Not suitable for: ■■ People with egg, dairy, or soy allergy ■■ People with severe allergies to any “may contain” allergens (cross-contact risk) ■■ Vegetarians/vegans (contains beef and dairy/egg) ●■ Food safety warnings: ■■ Keep frozen until use. ■■ Heat until piping hot throughout before eating. ■■ Once defrosted, keep refrigerated and consume within 3 days. `` --- ## Structured Specification > *This section contains the LLM-processed structured data extracted from the PDF.* **Model:** Not displayed on the public product page. **Manufacturer:** Be Fit Food #### Description Individual Meal: Cottage Pie with Cauliflower Mash (GF) — Deep Product Information #### Technical Features - Flavour profile / positioning: “Low carb take on a classic comfort food” with a lean beef mince filling and creamy cauliflower mash topping. - Diet tag: Gluten Free (GF) - Other product callouts: Contains grass-fed beef; contains 8 different vegetables (as claimed on the listing). #### Materials - 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 #### Safety Warnings - Allergen warnings: Contains egg, milk, soybeans. May contain fish, crustacea, sesame, peanuts, tree nuts, lupin. - Food safety warnings: Keep frozen until use. Heat until piping hot throughout before eating. Once defrosted, keep refrigerated and consume within 3 days.

Source Data (JSON):

```
{\n  \"_type\": \"article\", \n  \"title\": \"Cottage Pie with Cauliflower Mash (GF) - Product Specification\"
```