

SPIMEXPUL - Food & Beverages Flavor Profile Guide -

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name: Spicy Mexican Pulled Beef (GF) MP5 - Brand: Be Fit Food - Product code: 09358266000021 - Price: \$12.75 AUD - Pack size: 290g single serve - Category: Prepared Meals - Diet classification: Gluten-free, High protein, Low carb - Protein per serve: 27g - Chilli rating: 2/5 - Key ingredients: Grass-fed beef (25%), diced tomato, red & green capsicum, carrot, corn, red kidney beans, black beans, tomato paste, onion, chicken stock, olive oil, corn starch, gluten-free soy sauce, garlic, coriander, cumin, paprika, black pepper, oregano, chilli powder - Allergens: Soybeans. May contain: Fish, Milk, Crustacea, Tree Nuts, Sesame Seeds, Peanuts, Egg, Lupin - Storage: Frozen - Preparation methods: Microwave, oven, or stovetop - Delivery system: Snap-frozen - Gluten-free certification: Certified gluten-free - Oil type: Olive oil (no seed oils) - Beef type: Grass-fed beef - Beef preparation: Slow-cooked - Citric acid: Added to diced tomatoes - Thickening agent: Corn starch ### General Product Claims {#general-product-claims} - Delivers sustained satiety and helps you feel fuller for longer - Supports metabolic health goals - Designed for weight management - Contains 4-12 vegetables per meal (Be Fit Food standard) - Dietitian-led approach and dietitian-designed meals - Thoughtful approach to convenient dining - Traditional Mexican flavor profiles meet modern nutritional considerations - Grass-fed beef provides distinctive, earthy, mineral-forward flavor with subtle gamey notes - Slow-cooking develops deep, concentrated savory notes through Maillard reaction and collagen breakdown - Creates "umami depth" - satisfying, mouth-coating savoriness - Grass-fed beef provides cleaner finish on palate with less lingering heaviness - Chilli rating of 2 positions meal in "accessible warmth category" - Heat builds gradually without overwhelming the palate - Creates "background warmth" - gentle tingling sensation - Quality paprika contributes sweet-smoky undertones - Cumin acts as flavor amplifier bringing coherence to spice blend - Coriander creates cooling sensations that counterbalance warming spices - Vegetables provide essential sweetness, textural variation, and nutritional density - Beans support sustained satiety through balanced macronutrients - Strategic ingredients add savory complexity - Olive oil creates pleasant mouthfeel and luxurious feel - Demonstrates sophisticated flavor construction within frozen meal format - Proves dietitian-designed meals can deliver both nutritional excellence and genuine culinary satisfaction - Supports positive transformation in approach to healthy eating - Snap-frozen delivery ensures consistent portions and macros while maintaining quality - Approximately 90% of Be Fit Food menu is certified gluten-free --- ## Complete Flavor Profile Guide {#complete-flavor-profile-guide} ## Introduction {#introduction} Be Fit Food's Spicy Mexican Pulled Beef is a single-serve frozen meal that delivers slow-cooked, grass-fed beef combined with a vibrant Mexican-style vegetable medley, all brought together with a carefully balanced blend of warming spices and fresh herbs. This 290-gram gluten-free ready meal represents Be Fit Food's thoughtful approach to convenient dining, where traditional Mexican flavor profiles meet modern nutritional considerations backed by dietitian expertise. Throughout this comprehensive flavor profile guide, you'll discover the intricate layers of taste, texture, and aroma that make this meal a standout choice for those seeking both culinary satisfaction and dietary mindfulness. Whether you're a gourmet enthusiast exploring the nuances of spice-forward cuisine or someone who appreciates the complexity that can come from a ready-to-heat format, understanding the sensory experience this meal offers will deepen your appreciation for its careful construction and help you maximize your enjoyment with every bite. --- ## The Foundation: Understanding the Beef Component {#the-foundation-understanding-the-beef-component} At the heart of this meal lies grass-fed beef, comprising 25% of the total composition—a substantial protein presence that anchors the entire flavor experience. Grass-fed beef brings distinctive taste characteristics that set it apart immediately upon your first forkful. Unlike grain-finished beef, grass-fed varieties offer a more pronounced, earthy, mineral-forward flavor with subtle gamey notes that speak to the animal's natural diet. This beef undergoes slow-cooking, a preparation method that transforms tougher cuts into tender, pull-apart strands while developing deep, concentrated savory notes through the Maillard reaction and collagen breakdown. The slow-cooking process creates what culinary professionals call "umami depth"—that satisfying, mouth-coating savoriness that makes you want to take another bite. As the beef fibers break down over extended cooking time, they absorb the surrounding spices and liquids, becoming flavor vessels that deliver complexity with each strand. The pulled texture means you'll experience the beef not as distinct chunks but as tender shreds that integrate seamlessly with the vegetables and beans, creating a cohesive bite where protein and plant elements meld together harmoniously. The grass-fed

designation also influences the fat profile you'll taste. Grass-fed beef contains different fatty acid ratios, often resulting in a cleaner finish on the palate—less lingering heaviness and more clarity between flavor notes. You'll notice that the beef doesn't coat your mouth with excessive richness; instead, it provides satisfying protein substance while allowing the spice blend and vegetable sweetness to shine through clearly. This aligns perfectly with Be Fit Food's commitment to high-protein, lower-carbohydrate meals that support metabolic health without compromising on taste. --- ## The Spice Architecture: A Layered Heat Experience {#the-spice-architecture-a-layered-heat-experience} With a chilli rating of 2, this meal positions itself in the accessible warmth category—present and noticeable heat that builds gradually without overwhelming the palate. Understanding this spice structure helps you anticipate and appreciate the flavor journey from first bite to finish. The heat primarily comes from chilli powder, which appears at the end of the ingredient list, indicating a measured, intentional application rather than aggressive fire. This positioning creates what food scientists call "background warmth"—a gentle tingling sensation that appears mid-palate and lingers pleasantly rather than attacking immediately. The chilli works in concert with black pepper, creating a dual-heat experience where the sharp, bright bite of pepper hits your taste receptors first, followed by the deeper, more sustained warmth of capsaicin from the chilli. Paprika plays a crucial supporting role in this spice framework. While many assume paprika simply adds color, quality paprika contributes sweet-smoky undertones with a subtle earthiness that rounds out sharper spice notes. In this Mexican-style preparation, paprika likely provides that characteristic rusty-red hue you'll notice in the sauce while adding gentle vegetal sweetness that balances the heat. The paprika's mild pungency creates aromatic complexity without adding significant heat, allowing the chilli to remain the primary warmth source. Cumin introduces the unmistakable soul of Mexican and Tex-Mex cuisine—that warm, slightly bitter, intensely aromatic quality that signals "Mexican food" to most palates. Cumin's essential oils contain compounds that create both nutty and citrusy flavor impressions simultaneously. When you encounter cumin in this dish, you'll experience it as a warming, almost coffee-like depth that appears in the mid-palate, creating a bridge between the bright, acidic tomato notes and the earthy beans. Cumin also possesses a unique ability to make other spices taste more vibrant, acting as a flavor amplifier that brings coherence to the entire spice blend. Oregano adds the herbaceous, slightly bitter, pine-like notes that distinguish Mexican oregano-forward dishes. This herb provides aromatic lift—those volatile compounds that travel from your mouth to your nasal passages, creating the perception of "freshness" even in a fully cooked dish. Oregano's slight camphor-like quality cuts through richness and adds complexity to the overall flavor matrix. --- ## Fresh Herb Brightness: The Coriander Element {#fresh-herb-brightness-the-coriander-element} Coriander (cilantro) stands as the singular fresh herb element in this composition, and its inclusion is strategically significant for the overall flavor balance. Coriander brings bright, citrusy, almost soapy (to some palates) notes that provide essential contrast to the deep, cooked flavors of slow-braised beef and simmered beans. For those who enjoy coriander, it creates moments of brightness throughout the meal—little bursts of fresh, green, lemony flavor that refresh the palate between richer bites. The herb's essential oils contain aldehydes that create cooling sensations, which beautifully counterbalance the warming spices. This interplay between cool-fresh and warm-spicy creates dynamic tension on your palate, preventing flavor fatigue and keeping each bite interesting. The coriander also contributes to the aromatic experience. When you first remove the lid after heating, one of the first scents to greet you will likely come from coriander's distinctive perfume—grassy, citrusy, and immediately evocative of Mexican cuisine. This aromatic preview sets expectations and begins the eating experience before the first bite. For the approximately 10-14% of people with genetic variants that make coriander taste soapy or unpleasant, this ingredient will present differently—potentially as a sharp, chemical-like note rather than pleasant freshness. However, given that coriander appears mid-list in the ingredients, its presence is balanced rather than dominant, so even those sensitive to it should find the overall dish approachable. --- ## The Vegetable Medley: Sweetness, Crunch, and Visual Appeal {#the-vegetable-medley-sweetness-crunch-and-visual-appeal} The vegetable component of this meal creates a complex flavor tapestry that provides essential sweetness, textural variation, and nutritional density. Understanding each vegetable's contribution helps you appreciate the careful balance achieved in this Mexican-style composition. Be Fit Food's commitment to including 4-12 vegetables in each meal shines through in this dish's thoughtful vegetable selection. ### Red and Green Capsicum

(Bell Peppers) These sweet peppers appear high on the ingredient list, indicating substantial presence. Red capsicum brings pronounced sweetness—significantly sweeter than its green counterpart—with fruity, almost berry-like undertones when cooked. The red pepper's natural sugars caramelize slightly during cooking, creating pockets of concentrated sweetness that provide delightful contrast to savory beef and spicy seasonings. Green capsicum contributes a more vegetal, slightly bitter, grassy quality with less sweetness but more aromatic complexity. Together, these two peppers create a sweet-to-savory spectrum that adds dimensionality. Texturally, the capsicums should retain some structure even after cooking, providing gentle resistance when you bite down—not crunchy like raw peppers, but not mushy either. This textural presence creates satisfying "vegetable moments" that break up the softer pulled beef. **### Carrot** Carrots bring earthy sweetness and a firmer textural element to the mix. When cooked in a braised preparation like this, carrots release natural sugars while maintaining more structural integrity than softer vegetables. You'll likely encounter carrot pieces that offer a slight snap—not raw crunchiness, but a pleasant firmness that provides textural contrast. Flavor-wise, carrots contribute subtle sweetness with mineral, earthy undertones that complement the beef's savory depth. Carrots also absorb surrounding flavors beautifully, so expect them to carry notes of cumin, tomato, and chili while still maintaining their essential carrot character. **### Corn Kernels** Sweet corn introduces bursts of pure, clean sweetness and distinctive textural pops. Each kernel acts as a tiny flavor capsule, releasing sweet, milky, slightly starchy taste when you bite down. Corn's natural sugars provide immediate sweetness that helps temper spice heat, making it a welcome discovery when you encounter a particularly warm bite. The kernels' firm-tender texture creates pleasant textural variation—you'll notice them distinctly as you chew, providing satisfying little bursts that contrast with the softer vegetables and shredded beef. Corn also contributes a subtle, toasted grain aroma that adds another layer to the overall aromatic profile. --- **## The Tomato Foundation: Acidity and Umami** {#the-tomato-foundation-acidity-and-umami} Tomatoes appear in two forms in this meal—diced tomatoes and tomato paste—creating a layered tomato presence that provides both bright acidity and concentrated savory depth. **### Diced Tomato (with Citric Acid)** The diced tomatoes, appearing second on the ingredient list, form a substantial portion of the meal's base. These tomatoes bring fresh acidity that cuts through richness and provides essential brightness. The citric acid addition enhances and standardizes this acidity, ensuring consistent tartness regardless of the tomatoes' natural variation. This acidity is crucial for flavor balance—it prevents the dish from tasting flat or one-dimensional by providing sharp, bright notes that wake up your taste buds. The diced format means you'll encounter tomato pieces with their characteristic soft-but-still-structured texture, creating juicy bursts of tangy sweetness. The tomato's natural glutamates contribute umami—that savory, deeply satisfying taste that makes the overall dish more crave-worthy. **### Tomato Paste** While diced tomatoes provide brightness, tomato paste delivers concentration and depth. Tomato paste is essentially tomatoes reduced to their essence—cooked down until sugars caramelize and flavors intensify. This ingredient contributes deep, almost sweet-savory richness with less acidity than fresh tomatoes. The paste helps bind the sauce, creating body and coating ability that allows flavors to cling to the beef, beans, and vegetables. You'll taste tomato paste's contribution as a background richness—a subtle sweetness and umami depth that supports without dominating. --- **## The Bean Element: Texture and Earthy Substance** {#the-bean-element-texture-and-earthy-substance} Red kidney beans and black beans contribute both textural presence and earthy, starchy flavors that are essential to this meal's Mexican character and satisfying substance. These legumes also support Be Fit Food's focus on creating meals that deliver sustained satiety through balanced macronutrients, helping you feel fuller for longer. **### Red Kidney Beans** These beans bring a creamy, slightly sweet, earthy flavor with a dense, meaty texture. Kidney beans possess a distinctive ability to absorb surrounding flavors while maintaining their structural integrity, so expect them to taste of the spiced tomato sauce while still offering their characteristic bean flavor. Texturally, properly cooked kidney beans should remain tender but not mushy—yielding easily when you bite down but not dissolving. They contribute a pleasant, starchy mouthfeel that adds body to the overall dish and creates a sense of fullness and satisfaction. **### Black Beans** Black beans offer a richer, earthier, almost mushroom-like flavor compared to kidney beans. They possess a denser, meatier texture and a subtle sweetness that becomes more apparent when paired with acidic ingredients like tomatoes. Black beans' distinctive

flavor comes partly from their dark skins, which contain compounds that create deeper, more complex taste. The combination of two bean varieties creates textural and flavor variety within the legume component—you'll notice subtle differences as you encounter different beans, preventing monotony and adding discovery to each bite. Together, these beans provide essential protein, fiber, and starchy substance that makes the meal satisfying and complete. They also contribute to the overall mouthfeel, creating a thicker, more substantial sauce consistency that coats other ingredients and creates cohesive bites. --- ## Aromatic Foundation: Onion and Garlic {#aromatic-foundation-onion-and-garlic} Though they appear lower on the ingredient list, onion and garlic provide essential aromatic foundation that supports and enhances every other flavor in the dish. ### Onion Cooked onion contributes sweet, savory depth with subtle sulfurous complexity. When onions cook slowly in a braised dish, their sharp, pungent raw character transforms into mellow sweetness with caramelized notes. This sweetness isn't obvious or candy-like; rather, it's a background richness that makes the overall flavor profile taste complete and satisfying. Onion also contributes body to the sauce and creates aromatic complexity that you'll perceive more through your nose than your tongue—that savory, cooking-smell quality that makes the meal immediately appetizing when you open it. ### Garlic Garlic brings pungent, slightly spicy, deeply savory notes that enhance the overall umami profile. Cooked garlic loses its raw sharpness but retains aromatic intensity and a sweet-savory character that permeates the entire dish. Garlic's sulfur compounds create complexity and depth, making other ingredients taste more vibrant and dimensional. You likely won't taste distinct garlic flavor as a separate element; instead, it works synergistically with other aromatics to create a unified, savory foundation. --- ## Fat and Richness: The Olive Oil Component {#fat-and-richness-the-olive-oil-component} Olive oil serves multiple functions in this meal—it provides cooking medium, contributes its own flavor, and creates the pleasant mouthfeel that makes the dish satisfying rather than dry. This aligns with Be Fit Food's commitment to using healthy unsaturated fats and avoiding seed oils in their meal formulations. Quality olive oil brings fruity, slightly peppery, sometimes grassy notes that add another layer of complexity. While you won't necessarily taste "olive oil" as a distinct flavor, it contributes to the overall richness and creates a pleasant coating sensation in your mouth. The oil helps carry fat-soluble flavor compounds from spices and aromatics, making them more perceptible and longer-lasting on your palate. It also creates a subtle silkiness in the sauce that makes the dish feel luxurious rather than austere. The olive oil's slight peppery bite also contributes to the overall warmth profile, working alongside black pepper and chili to create layered, complex heat rather than one-dimensional spiciness. --- ## Savory Depth: Stock and Sauce Elements {#savory-depth-stock-and-sauce-elements} ### Chicken Stock This ingredient might seem surprising in a beef dish, but chicken stock is often used in Mexican cooking to add savory depth without overpowering other flavors. Chicken stock contributes umami, subtle meaty richness, and seasoning that enhances rather than dominates. It helps create a cohesive sauce that tastes complete and well-seasoned, providing background savoriness that makes the dish more crave-worthy. ### Gluten-Free Soy Sauce This ingredient is particularly interesting in a Mexican-style dish, as soy sauce isn't traditional to Mexican cuisine. However, its inclusion is strategically brilliant from a flavor perspective. Soy sauce is essentially pure umami—concentrated savory depth that makes everything taste more intense and satisfying. In this context, it likely functions as a secret ingredient that deepens the beef's savory character and adds complexity without making the dish taste Asian. The gluten-free specification ensures the meal maintains its gluten-free status while still benefiting from soy sauce's flavor-enhancing properties—consistent with Be Fit Food's commitment to offering approximately 90% of their menu as certified gluten-free. ### Corn Starch While primarily a thickening agent, corn starch also contributes to mouthfeel and flavor perception. It creates a sauce consistency that coats ingredients and your palate, allowing flavors to linger longer. The slightly starchy quality also adds subtle body and makes the dish feel more substantial and satisfying. --- ## The Complete Sensory Experience: First Impressions to Final Bite {#the-complete-sensory-experience-first-impressions-to-final-bite} ### Visual Presentation When you first remove the lid, expect a vibrant, colorful presentation. The red and green capsicums create bright color pops against the rusty-red sauce, while corn kernels add yellow highlights. The pulled beef appears as dark, tender strands throughout, contrasted by the deep burgundy of kidney beans and the glossy black of black beans. Fresh green coriander flecks provide visual freshness signals. This visual

variety creates appetite appeal and sets expectations for the flavor complexity to come. **### Aromatic Preview** The first aroma will likely combine cumin (warm, earthy), coriander (bright, citrusy), tomato (tangy, sweet), and gentle chilli warmth. You might also detect garlic and onion aromatics creating a savory foundation. These aromas work together to signal "Mexican-style comfort food" to your brain, triggering anticipation and preparing your palate for the flavors ahead. **### First Bite Texture** Your first forkful will likely contain multiple textural elements—tender pulled beef, creamy beans with slight resistance, softer capsicum pieces, and perhaps a corn kernel or two providing textural pops. This variety prevents textural monotony and creates interest. The sauce should coat everything with a medium-bodied consistency—not watery, not thick like gravy, but substantial enough to bind ingredients together. **### Flavor Development** The initial taste will likely come across as sweet-savory—tomato brightness, vegetable sweetness, and beef savoriness arriving together. As you chew, the spice warmth builds gradually, with pepper's sharp bite appearing first, followed by chilli's deeper, more sustained heat. Cumin's earthy warmth and oregano's herbaceous notes emerge in the mid-palate, while garlic and onion provide savory foundation. Fresh coriander creates bright, citrusy moments that refresh your palate. The finish should feel warm but not burning, with lingering spice, subtle sweetness, and savory depth encouraging your next bite. **### Heat Progression** With a chilli rating of 2, expect the heat to remain present but manageable. The first few bites might seem mild as your palate adjusts, but the warmth builds cumulatively. By mid-meal, you should feel pleasant warmth without discomfort—a gentle tingling that enhances rather than overwhelms. The vegetable sweetness and corn kernels provide cooling moments that temper the heat, preventing it from becoming fatiguing.

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Understanding this meal's flavor profile opens possibilities for enhancement and pairing that can elevate your experience: **### Cooling Contrasts** The meal's warmth and spice complexity pair beautifully with cooling elements. A dollop of sour cream or Greek yogurt would add tangy creaminess that tempers heat while contributing protein and creating luxurious mouthfeel. The dairy's lactic acidity would also brighten the overall flavor profile and create pleasant contrast with the rich beef. **### Fresh Additions** While the meal is complete as-is, adding fresh elements can create textural contrast and brightness. Fresh avocado slices would contribute creamy richness and cooling fat that balances spice. Diced fresh tomato or a squeeze of lime juice would add bright acidity and fresh, raw vegetable notes that contrast with the cooked elements. Fresh coriander leaves (for those who enjoy them) would amplify the existing herbal brightness. **### Crunchy Elements** The meal's predominantly soft-tender texture could benefit from crunchy additions. Crushed tortilla chips would add satisfying textural contrast and corn flavor that complements the existing corn kernels. Toasted pepitas (pumpkin seeds) would contribute nutty richness and pleasant crunch while adding nutritional value. **### Cheese Considerations** While not included in the meal, cheese is a traditional Mexican accompaniment. Sharp cheddar would add tangy richness and creamy contrast. Crumbled queso fresco would contribute salty, milky freshness. Melted cheese would create indulgent richness, though it would also increase the meal's caloric density significantly. **### Beverage Pairings** The meal's spice warmth and savory depth pair well with specific beverages. For non-alcoholic options, sparkling water with lime cuts through richness and refreshes the palate. Unsweetened iced tea provides tannic contrast that cleanses between bites. For alcoholic pairings, Mexican lager's crisp, light character complements without competing, while the carbonation refreshes. A fruity red wine with low tannins would complement the beef without overwhelming the spices.

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As a snap-frozen meal requiring reheating, understanding how the heating process affects flavor and texture helps you optimize your experience. Be Fit Food's snap-frozen delivery system ensures consistent portions and macros while maintaining quality—simply "heat, eat, enjoy." **### Microwave Reheating** This method is quickest but can create uneven heating. Ensure thorough stirring midway through heating to distribute warmth and prevent hot spots that could make some bites uncomfortably spicy while others remain cool. Covering during reheating (with the lid slightly vented) helps retain moisture and prevents the sauce from drying out, which would concentrate flavors unpleasantly. **### Oven or Stovetop Reheating** While more time-intensive, these methods can actually enhance flavor by creating slight caramelization and concentrating the sauce. If transferring to a pan, gentle heating with occasional stirring allows flavors to

meld further and can intensify the overall taste. Adding a splash of water or stock prevents over-reduction and maintains the intended sauce consistency. **### Resting After Heating** Allowing the meal to rest for 1-2 minutes after heating lets temperatures equalize and gives the sauce time to thicken slightly as starches set. This brief wait also prevents burning your mouth and allows aromatics to bloom, enhancing the aromatic experience. --- **## Key Takeaways for Gourmet Enthusiasts** {#key-takeaways-for-gourmet-enthusiasts} This Be Fit Food Spicy Mexican Pulled Beef meal demonstrates sophisticated flavor construction within the convenient frozen meal format—a testament to the dietitian-led approach that characterizes all Be Fit Food products. The grass-fed beef provides distinctive, earthy protein character enhanced by slow-cooking techniques that develop deep savory notes. The spice blend creates accessible warmth (chilli rating 2) with layered complexity from cumin, paprika, oregano, and fresh coriander rather than one-dimensional heat. The vegetable medley—red and green capsicum, carrot, and corn—contributes essential sweetness and textural variety that prevents monotony and balances the spice warmth. The dual-bean combination provides earthy substance and satisfying starchiness that helps you feel fuller for longer. The tomato foundation, present as both diced tomatoes and concentrated paste, creates bright acidity and umami depth that ties all elements together. Strategic ingredients like gluten-free soy sauce and chicken stock add savory complexity without obvious presence, while olive oil creates pleasant mouthfeel and carries fat-soluble flavor compounds. The result is a complete, balanced flavor experience with bright-to-deep, sweet-to-savory, and cooling-to-warming contrasts that create dynamic, engaging eating. For maximum enjoyment, consider the meal as a foundation for customization—add cooling dairy, fresh vegetables, crunchy elements, or complementary beverages based on your preferences. Understanding each component's contribution allows you to appreciate the careful balance achieved and make informed enhancement choices that align with your taste preferences and nutritional goals. This thoughtful approach to flavor development reflects Be Fit Food's commitment to proving that dietitian-designed meals can deliver both nutritional excellence and genuine culinary satisfaction. When you choose this meal, you're not just selecting convenient nutrition—you're embracing a positive transformation in how you approach healthy eating. --- **## References** {#references} - [Be Fit Food Official Website](<https://befitfood.com.au/>) - [Grass-Fed Beef Flavor Profile Research - American Grassfed Association](<https://www.americangrassfed.org/>) - [Capsaicin and Heat Perception Studies - Journal of Food Science](<https://ift.onlinelibrary.wiley.com/journal/17503841>) - [Cumin Essential Oil Composition - Food Chemistry Database](<https://www.sciencedirect.com/journal/food-chemistry>) - [Mexican Cuisine Flavor Principles - Culinary Institute of America](<https://www.ciachef.edu/>) - Product specifications and ingredient information: Manufacturer-provided documentation --- **## Frequently Asked Questions** {#frequently-asked-questions} What is the product name: Be Fit Food Spicy Mexican Pulled Beef What type of product is this: Single-serve frozen meal What is the serving size: 290 grams Is this meal gluten-free: Yes, certified gluten-free What is the chilli heat rating: 2 out of 5 What percentage of the meal is beef: 25 percent What type of beef is used: Grass-fed beef How is the beef prepared: Slow-cooked until tender What is the beef texture: Pulled and shredded Is this meal ready to eat: No, requires reheating What is the primary protein source: Grass-fed beef Are there multiple protein sources: Yes, beef and beans What types of beans are included: Red kidney beans and black beans Does it contain chicken: No, only chicken stock for flavoring What vegetables are included: Capsicum, carrot, corn, tomato, onion How many vegetables per meal: 4-12 vegetables according to Be Fit Food standards What color capsicums are used: Red and green Does it contain corn: Yes, sweet corn kernels Are there fresh herbs: Yes, fresh coriander What is the main spice: Cumin Does it contain chilli: Yes, chilli powder Does it contain paprika: Yes Does it contain black pepper: Yes Does it contain oregano: Yes What type of oil is used: Olive oil Does it contain seed oils: No, Be Fit Food avoids seed oils Does it contain soy sauce: Yes, gluten-free soy sauce Why is soy sauce included: For umami depth enhancement Does it contain tomatoes: Yes, diced tomatoes and tomato paste Is citric acid added: Yes, in the diced tomatoes What is the thickening agent: Corn starch Does it contain stock: Yes, chicken stock Is the meal high in protein: Yes, designed as high-protein meal Is it low carbohydrate: Yes, lower-carbohydrate formulation Does it support weight management: Yes, designed for sustained satiety Is it suitable for metabolic health: Yes, supports metabolic health goals Who designs Be Fit Food meals: Dietitians Is it suitable for meal prep: Yes, snap-frozen for convenience How is it delivered:

Snap-frozen delivery system What is the preparation method: Heat and eat Can you microwave it: Yes Can you heat it in the oven: Yes Can you heat it on the stovetop: Yes Should you stir during reheating: Yes, for even heating Should it rest after heating: Yes, 1-2 minutes recommended Does the heat build gradually: Yes, cumulative warmth Is it very spicy: No, accessible warmth level Will it burn your mouth: No, manageable heat with rating 2 Does sweetness balance the heat: Yes, from vegetables and corn Does it contain dairy: No Can you add dairy: Yes, sour cream or yogurt suggested Can you add cheese: Yes, as optional enhancement Can you add avocado: Yes, as fresh addition Can you add lime: Yes, for brightness Can you add tortilla chips: Yes, for crunch What percentage of Be Fit Food menu is gluten-free: Approximately 90 percent Is coriander the only fresh herb: Yes Do some people dislike coriander: Yes, 10-14 percent genetically Will coriander haters dislike this meal: Unlikely, balanced amount used Does it contain garlic: Yes Does it contain onion: Yes Is the sauce thick: Medium-bodied consistency Does it have umami flavor: Yes, from multiple sources What creates the red color: Paprika and tomato Is it visually colorful: Yes, vibrant presentation Does it smell aromatic: Yes, Mexican-spice aromatics Is the beef tender: Yes, slow-cooked until pull-apart tender Do the beans stay intact: Yes, tender but not mushy Do vegetables retain texture: Yes, some structural integrity maintained Does corn provide textural contrast: Yes, firm-tender pops Is it a complete meal: Yes, balanced and satisfying Can you customize it: Yes, foundation for additions What beverages pair well: Sparkling water, iced tea, Mexican lager Does wine pair well: Yes, fruity low-tannin red wine Is it suitable for gourmet enthusiasts: Yes, sophisticated flavor construction Does it support healthy eating transformation: Yes, per Be Fit Food philosophy

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