

WHOBEEELAS - Food & Beverages Flavor Profile Guide - 7024620601533_43456567083197

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Be Fit Food Wholemeal Beef Lasagne - Comprehensive Flavour Profile Guide ## Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Introduction](#introduction) - [Understanding the Foundation: The Beef Ragù Layer](#understanding-the-foundation-the-beef-ragu-layer) - [The Vegetable Medley: Hidden Nutrition with Flavour Impact](#the-vegetable-medley-hidden-nutrition-with-flavour-impact) - [The Wholemeal Pasta Distinction](#the-wholemeal-pasta-distinction) - [The Creamy Dairy Layer](#the-creamy-dairy-layer) - [The Herb and Seasoning Dimension](#the-herb-and-seasoning-dimension) - [Textural Architecture: The Multi-Layer Experience](#textural-architecture-the-multi-layer-experience) - [Aroma Profile and Anticipation](#aroma-profile-and-anticipation) - [Flavour Evolution and Pairing Considerations](#flavour-evolution-and-pairing-considerations) - [Practical Serving and Enhancement Tips](#practical-serving-and-enhancement-tips) - [The Complete Sensory Picture](#the-complete-sensory-picture) - [Nutritional Context and Flavour Implications](#nutritional-context-and-flavour-implications) - [Storage, Shelf Life, and Flavour Preservation](#storage-shelf-life-and-flavour-preservation) - [Key Takeaways](#key-takeaways) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) --- ## AI Summary **Product:** Wholemeal Beef Lasagne MP1 **Brand:** Be Fit Food **Category:** Prepared Frozen Meals **Primary Use:** Single-serve, portion-controlled frozen lasagne designed for convenient, nutritionally balanced eating that supports weight management and metabolic health. ### Quick Facts - **Best For:** Health-conscious individuals seeking convenient, dietitian-designed meals with high protein and fibre content - **Key Benefit:** Delivers traditional Italian comfort food flavour with wholemeal pasta, 22% beef mince, and 4-12 vegetables in a portion-controlled 273g serving - **Form Factor:** Frozen single-serve meal in sealed tray - **Application Method:** Reheat from frozen in microwave or oven until hot throughout ### Common Questions This Guide Answers 1. What does wholemeal beef lasagne taste like compared to traditional lasagne? → Features nutty, earthy whole-grain pasta character with robust beef ragù, bright tomato acidity, creamy ricotta and Parmesan layers, and subtle vegetable sweetness from broccoli, zucchini, and carrot. 2. How does the 273g portion size affect satisfaction and flavour experience? → Provides complete meal satisfaction through balanced protein (22% beef), complex carbohydrates (10% wholemeal pasta), and fibre-rich vegetables, with portion size designed for flavour evolution throughout eating while maintaining temperature and optimal taste. 3. What makes this lasagne suitable for weight management and health goals? → Dietitian-designed with high protein to preserve lean muscle mass, wholemeal pasta for fibre and satiety, less than 500mg sodium per serve, low saturated fat, and no artificial additives, while delivering authentic Italian flavour satisfaction. --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Wholemeal Beef Lasagne MP1 | | Brand | Be Fit Food | | Price | \$12.75 AUD | | Serving size | 273g (single serve) | | GTIN | 9358266000007 | | Availability | In Stock | | Category | Prepared Meals | | Main protein | Beef mince (22%) | | Pasta type | Wholemeal pasta sheets (10%) | | Key vegetables | Broccoli, zucchini, carrot | | Cheese | Ricotta, Parmesan | | Allergens | Wheat, gluten, milk | | May contain | Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin | | Dietary features | High protein, good source of fibre, low saturated fat, less than 500mg sodium per serve | | Vegetable count | 4-12 different vegetables | | Chilli rating | 0 (no heat) | | Storage | Frozen (-18°C/0°F) | | Preparation | Reheat from frozen (microwave or oven) | | Artificial additives | None (no

artificial colours or flavours) | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Wholemeal Beef Lasagne MP1 - Brand: Be Fit Food - Price: \$12.75 AUD - Serving size: 273g (single serve) - GTIN: 9358266000007 - Category: Prepared Meals - Main protein: Beef mince (22%) - Pasta type: Wholemeal pasta sheets (10%) - Key vegetables: Broccoli, zucchini, carrot - Cheese: Ricotta, Parmesan - Other ingredients: Diced tomatoes, tomato paste, light milk, onion, garlic, beef stock, olive oil, dried basil leaves, mixed herbs, citric acid, pink salt, black pepper - Allergens: Wheat, gluten, milk - May contain: Fish, soybeans, crustacea, sesame seeds, peanuts, egg, tree nuts, lupin - Chilli rating: 0 (no heat) - Storage: Frozen (-18°C/0°F) - Preparation: Reheat from frozen (microwave or oven) - Artificial additives: None (no artificial colours or flavours) - Sodium benchmark: Less than 120mg per 100g - Sodium per serve: Less than 500mg ### General Product Claims {#general-product-claims} - High protein - Good source of fibre - Low saturated fat - Contains 4-12 different vegetables per meal - Dietitian-designed meal range - Supports weight management and metabolic health - Helps preserve lean muscle mass - Suitable for those on weight loss journeys - Suitable for GLP-1 medication users - Portion-controlled for balanced eating - Snap-frozen for freshness - Maintains nutritional integrity through freezing - Real food philosophy - Clean-label standards - Lower-carbohydrate approach compared to traditional lasagne - Higher-fibre approach to meal design - Helps with satiety - Complete, satisfying meal - Homemade-style quality - Supports balanced, portion-controlled eating - Part of "real food, real results, real science" philosophy - Helps Australians "eat themselves better" --- ## Introduction {#introduction} The Be Fit Food Wholemeal Beef Lasagne is a single-serve frozen meal that reimagines the Italian classic through a health-conscious lens. This 273-gram ready meal combines traditional beef ragu flavours with wholemeal pasta sheets and a generous portion of vegetables. The product delivers the comfort of layered pasta with a nutritional profile designed for those seeking balanced, portion-controlled eating. You won't sacrifice the rich, savoury experience of authentic lasagne when choosing this health-focused option. As part of Be Fit Food's dietitian-designed meal range, this individually portioned lasagne offers a convenient solution for busy lifestyles. The meal maintains the integrity of homemade-style cooking while supporting your health goals. Whether you're navigating a busy weeknight, managing your macros, or simply craving the familiar warmth of baked pasta without hours of preparation, this ready-to-heat meal delivers satisfaction and nutrition in equal measure. In this comprehensive flavour profile guide, you'll discover the intricate taste architecture of this wholemeal beef lasagne. We'll explore everything from the foundational notes of slow-cooked beef ragu to the subtle sweetness of hidden vegetables integrated throughout the sauce. You'll learn about the distinctive character of wholemeal pasta and how it differs from traditional refined pasta in both taste and texture. We'll examine the creamy finish that ties each layer together through ricotta and Parmesan cheese components. The guide examines how each ingredient contributes to the overall sensory experience, from the bright acidity of tomatoes to the aromatic depth of herbs and garlic. We'll look at the textural contrasts that make lasagne such a satisfying dish—the interplay between firm pasta layers, creamy cheese, tender meat sauce, and varied vegetable pieces. You'll also find practical insights into maximising your enjoyment of this meal, including optimal heating methods, potential garnishes, and complementary pairings. By the end of this guide, you'll understand not just what this lasagne tastes like, but why it tastes the way it does. You'll know how the 22% beef mince content creates umami depth, how the 10% wholemeal pasta contributes nutty character, and how the vegetable medley adds both nutrition and flavour complexity. You'll also discover how to enhance your experience with complementary pairings and serving approaches that maximise the flavour potential of this carefully formulated meal. ## Understanding the Foundation: The Beef Ragu Layer {#understanding-the-foundation-the-beef-ragu-layer} ### Primary Protein Character {#primary-protein-character} At 22% beef mince by composition, this lasagne builds its savoury foundation on a substantial protein component that provides the deep, umami-rich base notes characteristic of traditional Italian meat sauces. The beef mince delivers that essential meaty savouriness through a combination of glutamates, nucleotides, and Maillard reaction products that create the complex taste we recognise as "beefy." The natural fat content in beef mince contributes mouthfeel and carries fat-soluble flavour compounds throughout the sauce, creating a more rounded,

satisfying taste experience than lean protein alone could achieve. The beef component provides earthy, slightly mineral notes with a subtle sweetness that emerges during the cooking process. When properly prepared, beef mince in a ragu develops caramelised edges where the meat meets the cooking surface, creating pockets of concentrated flavour that punctuate the overall taste profile. These browned bits contribute depth and complexity, moving the flavour beyond simple "meat taste" into territory that includes roasted, nutty, and slightly sweet undertones. This high-protein foundation aligns perfectly with Be Fit Food's commitment to meals that support lean muscle mass and metabolic health, particularly important for those on weight loss journeys or using GLP-1 medications. The texture of the beef mince adds crucial variety to each forkful. You'll encounter tender, yielding pieces of meat that absorb the surrounding tomato and herb flavours while maintaining their distinct protein character. The size and consistency of the mince pieces create textural interest—they're not so fine that they become a paste, but they're broken down enough to integrate seamlessly with the vegetable components and sauce. This textural contribution works in harmony with the other layers to create the multi-dimensional eating experience that makes lasagne so satisfying. ### Tomato Foundation and Acidity Balance {#tomato-foundation-and-acidity-balance} The diced tomato base (listed as the primary ingredient) establishes the sauce's fundamental flavour architecture. Tomatoes bring natural umami through their glutamic acid content, creating a synergistic effect with the beef that amplifies the overall savoury impact beyond what either ingredient could achieve alone. The citric acid addition serves multiple purposes: it preserves the bright, fresh tomato character, prevents oxidation that would dull the colour and flavour, and provides the essential acidic counterpoint that prevents the dish from tasting heavy or one-dimensional. This tomato layer delivers a bright, slightly tangy taste that cuts through the richness of the beef and dairy components. The acidity activates your salivary glands, making each bite feel refreshing rather than cloying, and helps balance the natural sweetness from both the tomatoes themselves and the vegetables integrated throughout the sauce. The tomato paste concentration adds depth and intensity, contributing a darker, more caramelised tomato flavour with hints of sweetness that develop during the paste's manufacturing process. The combination of diced tomatoes and tomato paste creates a multi-dimensional tomato experience. The diced tomatoes provide fresh, bright acidity and occasional textural pieces that add interest. The paste contributes concentrated, cooked tomato essence with deeper, almost wine-like complexity. This layering of tomato products at different concentration levels is a hallmark of well-constructed Italian sauces, preventing the flat, one-note taste that comes from using tomatoes in only one form. ### Aromatic Vegetable Integration {#aromatic-vegetable-integration} The presence of onion and garlic in the ingredient list signals the classic soffritto foundation that underpins Italian cooking. These aromatics don't announce themselves as distinct flavours in the finished dish. Rather, they create a savoury-sweet base layer that amplifies and rounds out the other components. Onions, when cooked down in the ragu, release their natural sugars through caramelisation, adding subtle sweetness and a deep, almost meaty savouriness that complements the beef. Garlic contributes pungent, sulfurous notes when raw, but in a slow-cooked sauce, it mellows into a warm, slightly nutty background flavour that adds complexity without dominating. The garlic works synergistically with the beef stock (another ingredient in this lasagne) to create that "cooked-all-day" depth that makes ragu sauces so satisfying. You won't taste distinct garlic sharpness in the finished product. Rather, you'll notice a warm, savoury undertone that makes the overall flavour profile feel complete and well-rounded. These aromatics also contribute significantly to the aroma experience, which influences taste perception more than many people realise. The volatile compounds released from cooked onion and garlic stimulate your olfactory receptors, preparing your palate for the rich, savoury experience to come and enhancing the perceived complexity of each bite through retronasal olfaction—the way aroma travels from the back of your mouth to your nasal cavity while you're eating. ## The Vegetable Medley: Hidden Nutrition with Flavour Impact {#the-vegetable-medley-hidden-nutrition-with-flavour-impact} ### Broccoli's Subtle Earthiness {#broccoli-subtle-earthiness} Broccoli appears prominently in the ingredient list, contributing both nutritional value and a distinctive flavour dimension to the lasagne. When incorporated into a lasagne sauce, broccoli adds earthy, slightly bitter notes that provide complexity and prevent the dish from tasting too sweet or one-dimensional. The cruciferous character of broccoli brings a mineral quality and gentle sulfurous undertones that, when balanced properly with the other ingredients, add sophistication

to the flavour profile. The texture of cooked broccoli in this context provides tender-firm pieces that offer resistance when you bite down, creating textural variety against the softer pasta and sauce. Depending on how finely the broccoli is incorporated, you might encounter small florets that provide concentrated vegetable flavour, or you might find more finely chopped pieces that blend into the sauce matrix. Either way, the broccoli adds moisture, bulk, and a fresh vegetable character that lightens the overall taste impression. This vegetable density is central to Be Fit Food's approach of including 4–12 vegetables in each meal for optimal nutrition. Broccoli also contributes a slight grassiness and green vegetable freshness that keeps the dish from feeling too heavy or meat-centric. This vegetable component works particularly well with the tomato base—the acidity of the tomatoes brightens the earthy broccoli notes and prevents any potential bitterness from becoming pronounced. The combination creates a more garden-fresh taste profile than you'd find in meat-only lasagne preparations. ### Zucchini's Moisture and Mild Sweetness {#zucchini-moisture-and-mild-sweetness} Zucchini brings a delicate, almost cucumber-like freshness to the vegetable medley, offering a very mild, slightly sweet flavour that doesn't compete with the more assertive ingredients. The primary contribution of zucchini is textural and moisture-related—it releases water during cooking, helping create a sauce with the right consistency while adding tender pieces that almost melt into the overall composition. The subtle sweetness of zucchini balances the acidic tomato and the savoury beef, contributing to the overall flavour harmony. Because zucchini offers such a mild flavour profile, it acts as a flavour carrier, absorbing and distributing the tastes of the herbs, garlic, and tomato throughout the dish. When you bite into a piece of zucchini in this lasagne, you're experiencing a concentrated burst of the surrounding sauce flavours wrapped in a tender vegetable package. Zucchini also adds a clean, fresh quality that prevents the dish from tasting overly processed or heavy. Its high water content and neutral flavour profile make it an ideal vegetable for blending into sauce-based dishes where you want nutritional benefits and bulk without dramatically altering the core flavour identity. The soft, yielding texture of cooked zucchini provides contrast against the firmer broccoli and the pasta layers. ### Carrot's Natural Sweetness and Body {#carrot-natural-sweetness-and-body} Carrots contribute a gentle, earthy sweetness that rounds out the flavour profile and adds depth to the vegetable component. Unlike the sharp sweetness of added sugar, carrot sweetness is subtle and complex, coming with mineral undertones and a slight earthiness that feels natural and balanced. This natural sweetness helps counterbalance the acidity of the tomatoes and the potential bitterness from the broccoli, creating a more harmonious overall taste without the need for added sugars that Be Fit Food's clean-label standards strictly avoid. The texture of cooked carrots in a lasagne sauce provides tender-firm pieces that hold their shape yet become soft enough to integrate seamlessly with the other components. Carrots add a slight density and body to the sauce, contributing to a more substantial mouthfeel. When properly cooked, carrots develop a silky texture that almost melts on the tongue, releasing their sweet flavour gradually as you chew. Carrots also contribute beta-carotene and other compounds that add a subtle colour dimension to the sauce, enriching the red-orange tones from the tomatoes. This visual element influences taste perception—the warm, rich colour signals comfort and heartiness, priming your expectations for a satisfying, flavourful experience. The combination of visual cues and actual flavour delivery creates a cohesive sensory experience that enhances overall enjoyment. ## The Wholemeal Pasta Distinction {#the-wholemeal-pasta-distinction} ### Nutty, Whole-Grain Character {#nutty-whole-grain-character} At 10% of the total composition, the wholemeal pasta sheets form the structural backbone of this lasagne while contributing a distinctive flavour profile that sets this product apart from traditional white-pasta versions. Wholemeal pasta brings a nutty, slightly earthy taste that derives from the wheat germ and bran components that are removed in refined pasta production. This nuttiness adds complexity and depth, creating a more rustic, hearty flavour foundation that complements the robust beef ragu. The whole grain character introduces subtle bitter notes that aren't unpleasant—rather, they're sophisticated and adult-oriented, similar to the difference between white bread and whole grain bread. These gentle bitter undertones interact with the sweet elements (carrots, tomatoes, onions) to create a more complex flavour balance. The wholemeal pasta also offers a slightly more assertive wheat flavour, allowing the grain component to participate actively in the taste profile rather than simply serving as a neutral carrier for the sauce. This grain-forward taste pairs particularly well with the earthy vegetables and the savoury beef, creating flavour harmonies that wouldn't exist

with refined pasta. The wholemeal pasta also contributes a subtle toasted quality, as if the grain was lightly roasted, adding another dimension to the overall flavour architecture. For those accustomed to traditional lasagne, this whole-grain variation offers a more robust, nutritionally dense taste experience that aligns with Be Fit Food's lower-carbohydrate, higher-fibre approach to meal design. ### Textural Contribution and Mouthfeel {#textural-contribution-and-mouthfeel} Wholemeal pasta provides a firmer, more substantial bite compared to refined pasta sheets. The texture is denser and more toothsome, requiring slightly more chewing and creating a more satisfying textural experience. This firmness helps the pasta layers maintain their structural integrity throughout the reheating process, preventing the mushiness that can sometimes occur with overcooked refined pasta in frozen meals. The slightly rougher surface texture of wholemeal pasta also helps it grip the sauce more effectively, creating better integration between the pasta layers and the ragu. Each forkful delivers pasta thoroughly coated with sauce rather than slippery, sauce-shedding sheets. This textural interaction enhances flavour delivery—more sauce adhering to the pasta means more concentrated flavour in each bite. The mouthfeel of wholemeal pasta is heartier and more filling, contributing to the overall satisfaction factor of the meal. The increased fibre content from the whole grain creates a more substantial presence on the palate, and the pasta releases its flavours more gradually as you chew, extending the taste experience. This slower flavour release, combined with the nutty grain notes, makes each bite feel more complex and interesting than refined pasta alternatives. ## The Creamy Dairy Layer {#the-creamy-dairy-layer} ### Ricotta's Mild Creaminess {#ricotta-mild-creaminess} Ricotta cheese provides the classic creamy layer that separates and enriches the pasta and meat sauce components in traditional lasagne construction. Ricotta contributes a mild, slightly sweet dairy flavour with a clean, fresh taste that doesn't overpower the other ingredients. Unlike aged cheeses with sharp, complex flavour profiles, ricotta offers gentle creaminess that acts as a palate-soothing counterpoint to the acidic tomato and robust beef. The texture of ricotta is crucial to the lasagne experience—it's soft, moist, and slightly grainy, creating a luxurious mouthfeel that contrasts beautifully with the firmer pasta and the chunky meat sauce. This creamy layer provides moments of richness and smoothness that make each bite feel indulgent despite the health-conscious formulation. The ricotta also adds moisture throughout the dish, preventing any dry spots and ensuring every forkful is succulent. Ricotta's subtle flavour allows it to absorb and carry the flavours of surrounding ingredients, particularly the herbs and garlic. When you encounter a ricotta-rich section of the lasagne, you're tasting a creamy delivery vehicle for the aromatic elements of the dish, wrapped in gentle dairy sweetness. This creates flavour variety within the meal—some bites are more meat-forward, others are more tomato-centric, and still others showcase the creamy dairy component. ### Parmesan's Umami Depth {#parmesan-umami-depth} Parmesan cheese, though likely present in smaller quantities than the ricotta, delivers disproportionate flavour impact through its concentrated umami character and sharp, salty complexity. Aged Parmesan contributes crystalline texture elements and intense savoury notes that amplify the overall depth of the dish. The amino acids in Parmesan, particularly glutamates, create a synergistic umami effect with the beef and tomatoes, making the entire dish taste richer and more satisfying than the sum of its parts. The sharp, slightly nutty flavour of Parmesan adds sophistication and gives the dish a distinctly Italian character. You'll notice salty-savoury bursts where Parmesan is concentrated, creating flavour peaks that make the dish more interesting and dynamic. The cheese also contributes a pleasant funkiness—an aged, fermented quality that adds complexity without crossing into unpleasant territory. Parmesan's contribution to aroma is significant as well. When heated, Parmesan releases aromatic compounds that smell distinctly cheesy and savoury, enhancing the overall appeal of the dish before you even take a bite. This aroma primes your taste expectations and contributes to the retronasal flavour experience as you eat, making each bite taste more intensely "cheesy" than the actual quantity of Parmesan might suggest. ### Light Milk's Balancing Role {#light-milk-balancing-role} The inclusion of light milk creates a sauce component that adds creaminess without excessive richness, helping bind the dairy elements together and create a cohesive creamy layer or sauce. Light milk contributes subtle sweetness and a smooth mouthfeel that round out the sharper cheese flavours and create a more unified dairy component. The milk helps temper the intensity of the Parmesan, creating a more approachable, balanced dairy flavour. It also adds moisture and helps create a sauce consistency that coats the pasta, integrates with the meat ragu, and prevents separation between the layers. The light

version means you get the creamy benefits without the heavy, coating sensation that full-fat dairy can create, keeping the dish feeling lighter and more digestible. This thoughtful choice reflects Be Fit Food's real food philosophy of creating satisfying meals without unnecessary heaviness. This dairy component also serves as a flavour bridge, connecting the rich meat sauce with the cheese elements and creating a harmonious taste experience rather than distinct, competing layers. The milk's subtle sweetness works with the natural sugars in the vegetables to create an overall flavour balance that feels complete and satisfying. ## The Herb and Seasoning Dimension {#the-herb-and-seasoning-dimension} ### Dried Basil's Mediterranean Character {#dried-basil-mediterranean-character} Dried basil leaves contribute the quintessential Italian herb flavour that signals "Mediterranean cooking" to your palate. Basil brings sweet-savoury notes with hints of anise, mint, and pepper, creating an aromatic complexity that elevates the tomato sauce from simple to sophisticated. While dried basil is less bright and pungent than fresh, it offers concentrated flavour and a slightly tea-like quality that works well in slow-cooked sauces. The basil flavour integrates throughout the dish, providing occasional bursts of herbal brightness that cut through the richness of the meat and dairy. You'll notice the characteristic basil taste most prominently in the tomato-heavy portions of the sauce, where it finds the most affinity and creates classic Italian flavour combinations. The herb adds a fresh, garden-like quality that prevents the dish from tasting too heavy or one-dimensional. Basil also contributes to the overall aroma profile, releasing volatile oils that smell distinctly Italian and appetising. This aromatic component enhances the eating experience through both direct smell and retronasal olfaction, making each bite taste more herbaceous and complex than it might if you were eating with your nose blocked. ### Mixed Herbs Complexity {#mixed-herbs-complexity} The "mixed herbs" designation indicates a blend that might include oregano, thyme, marjoram, rosemary, or other Mediterranean herbs commonly used in Italian cooking. This blend adds layers of flavour complexity, with each herb contributing its own character while creating a harmonious whole that tastes more sophisticated than any single herb could achieve. These herbs contribute earthy, woody, slightly peppery notes that complement the beef and tomato base. Some herbs in the mix may add subtle pine-like or camphor notes (as rosemary does), while others contribute more floral or minty undertones. Together, they create a flavour tapestry that feels authentically Italian and well-seasoned, with no single herb dominating. The mixed herbs also add aromatic depth, contributing to the overall "cooked-all-day" quality that makes the dish smell and taste like homemade lasagne. These herbs work particularly well with the garlic and onion, creating together a complete aromatic foundation that supports and enhances all the other flavour components. ### Pink Salt and Pepper Balance {#pink-salt-and-pepper-balance} Pink salt (likely Himalayan pink salt based on common usage in health-focused products) provides the essential sodium that enhances all other flavours in the dish. Salt doesn't just taste salty—it amplifies sweetness, suppresses bitterness, and enhances umami, making every other ingredient taste more like itself. The mineral complexity of pink salt may contribute subtle flavour nuances beyond simple sodium chloride, though these differences are often subtle in cooked dishes. Importantly, Be Fit Food formulates meals to a low sodium benchmark of less than 120mg per 100g, using vegetables for water content rather than relying on salt or thickeners. The salt level in this lasagne is carefully balanced to enhance flavour without overwhelming. You shouldn't taste distinct saltiness—rather, you'll notice that all the flavours are more vibrant and defined. The salt also affects texture perception, making the dish feel more cohesive and satisfying. Proper seasoning creates the difference between a dish that tastes flat and one-dimensional versus one that feels complete and well-crafted. Black pepper adds gentle heat and aromatic complexity, bringing characteristic sharp, woody, slightly citrusy notes. The pepper doesn't create significant spiciness (the chilli rating is 0)—rather, it adds a subtle tingle and aromatic depth that makes the dish more interesting. Pepper's piperine compounds also enhance the bioavailability of certain nutrients and add a finishing touch that rounds out the seasoning profile. ## Textural Architecture: The Multi-Layer Experience {#textural-architecture-the-multi-layer-experience} ### Layer Interaction and Structural Integrity {#layer-interaction-and-structural-integrity} The genius of lasagne as a dish lies in its textural variety—each forkful should deliver multiple textures in a single bite. In this wholemeal beef lasagne, you'll experience the tender-firm pasta sheets providing structure, the soft, yielding meat sauce offering succulence, the creamy dairy layer adding smooth richness, and the vegetable pieces contributing varied textural elements from tender-crisp to melt-in-your-mouth soft. The pasta layers

create horizontal planes of slightly firmer texture that require chewing, preventing the dish from becoming a homogeneous mush. Between these pasta layers, the softer components create contrast—the creamy ricotta offers almost no resistance, the meat sauce provides gentle chewiness, and the vegetables add occasional textural surprises. This variety keeps your palate engaged and makes the eating experience more satisfying and interesting. The structural integrity of the layers affects both texture and flavour delivery. Well-defined layers mean you can experience distinct flavour zones—a bite heavy on the creamy dairy layer tastes different from a bite dominated by the meat sauce. This variation within a single serving creates a more dynamic eating experience, with each forkful offering slightly different flavour and texture combinations. ### Temperature-Dependent Texture Changes {#temperature-dependent-texture-changes} When properly heated (following the package instructions for reheating from frozen), the lasagne develops optimal textural characteristics. The pasta softens just enough to be tender while maintaining structural integrity. The cheese components melt and become creamy and flowing. The meat sauce reaches a succulent, hot consistency. The temperature also affects flavour release—warm food releases aromatic compounds more readily, making the dish smell and taste more intensely flavourful. The contrast between hot and cool elements affects mouthfeel and satisfaction. A properly heated lasagne should be steaming throughout, with the cheese bubbling slightly and the sauce hot enough to release visible steam. This temperature creates a comforting warmth that enhances the eating experience and makes the flavours more pronounced and accessible. Cooling affects texture significantly. As the lasagne cools, the cheese firms up, the sauce thickens, and the pasta becomes denser. While still edible at room temperature, the optimal textural experience occurs when the dish is hot and all components are at their most tender and flavourful. The fat in the cheese and beef remains liquid at serving temperature, contributing to mouthfeel and flavour delivery in ways that solidified fat cannot. ## Aroma Profile and Anticipation {#aroma-profile-and-anticipation} ### Pre-Eating Aromatic Experience {#pre-eating-aromatic-experience} Before you take your first bite, the aroma of this lasagne begins building your flavour expectations. As the meal heats, volatile aromatic compounds release into the air—you'll notice the sweet-savoury smell of caramelised onions and beef, the bright acidity of tomatoes, the herbaceous notes of basil and mixed herbs, and the rich, slightly funky aroma of melting Parmesan cheese. These smells activate your salivary glands and prepare your palate for the flavours to come. The whole-grain character of the wholemeal pasta may contribute a subtle toasted grain aroma that adds to the overall impression of heartiness and nutritional substance. The garlic releases its characteristic pungent-sweet smell that mellows during cooking but remains present as a warm, savoury undertone. The combination of these aromatic elements creates an olfactory experience that signals "Italian comfort food" and triggers associations with home cooking and satisfying meals. The intensity of the aroma provides clues about the flavour intensity to expect. A strongly aromatic lasagne promises bold, well-seasoned flavours. The specific aromatic notes preview the taste profile—you can smell the tomato-herb combination, the meaty richness, and the cheese components before you taste them, creating a coherent sensory experience that spans multiple senses. ### Retronasal Flavour Enhancement {#retronasal-flavour-enhancement} While you're eating, aroma continues to play a crucial role in flavour perception through retronasal olfaction—the process by which aromatic compounds travel from the back of your mouth up into your nasal cavity. This pathway allows you to "taste" aromatic compounds that your tongue's taste receptors can't detect, vastly expanding the complexity of the flavour experience. The herbs, garlic, and cheese components are particularly important for retronasal flavour. As you chew and the food warms in your mouth, these aromatic ingredients release compounds that travel up to your olfactory receptors, creating the complex "flavour" that is actually a combination of taste (what your tongue detects) and smell (what your nose detects). This is why food tastes bland when you have a cold—the retronasal pathway is blocked. The fat content from the beef, cheese, and olive oil helps carry aromatic compounds and extends their release, creating a longer-lasting flavour experience. Fat-soluble flavour molecules dissolve in the dietary fat and release gradually as you chew and as the fat coats your mouth, creating a more persistent and satisfying flavour impression than low-fat versions of similar dishes could achieve. ## Flavour Evolution and Pairing Considerations {#flavour-evolution-and-pairing-considerations} ### The First Bite Versus Subsequent Bites {#the-first-bite-versus-subsequent-bites} Your first bite of this lasagne delivers the

most intense flavour impact. Your taste receptors are fresh and highly sensitive, and the novelty of the flavours registers strongly. You'll likely notice the dominant notes first—the tomato acidity, the beef savouriness, and the creamy cheese. The first bite sets your flavour expectations and creates the baseline against which subsequent bites will be measured. As you continue eating, your palate adapts to the flavours and you begin noticing more subtle elements—the individual vegetables, the herbal notes, and the nutty character of the wholemeal pasta. This flavour evolution is natural and actually enhances the eating experience, as you discover new dimensions with each bite and the dish reveals its complexity gradually rather than overwhelming you immediately. Later bites may taste slightly less intense as your taste receptors adapt, but the textural variety and the different combinations of components in each forkful maintain interest. You might encounter a bite that's particularly cheese-heavy, followed by one with more vegetable content, then one where the wholemeal pasta character shines through. This variation prevents palate fatigue and keeps the meal interesting from first bite to last. ### Beverage Pairing Considerations {#beverage-pairing-considerations} While this guide focuses on the lasagne itself, understanding how beverages interact with its flavour profile can enhance your enjoyment. The acidity in the tomato base means acidic beverages (like sparkling water with lemon) won't clash but rather complement, cleansing the palate between bites. The richness of the cheese and beef suggests that beverages with some body or tannin structure could provide pleasant contrast. The Italian character of the dish makes it naturally compatible with Mediterranean beverage traditions. The herb and garlic notes work well with beverages that offer herbal or aromatic qualities. The umami-rich components (beef, Parmesan, tomatoes) pair well with beverages that offer their own savoury depth. The wholemeal pasta's nutty character can complement beverages with toasted or grain-like notes. The 273-gram serving size and the balanced flavour profile mean you won't need large quantities of beverage to cut through richness or refresh your palate—the dish is well-balanced enough to be enjoyable on its own. Yet something to sip between bites can extend the meal and provide textural and temperature contrast that enhances the overall dining experience. ### Complementary Side Considerations {#complementary-side-considerations} Though this is a complete meal at 273 grams, understanding what flavours would complement this lasagne can help you plan a more elaborate meal if desired. The rich, hearty character of the lasagne pairs well with light, crisp, acidic sides—a simple green salad with vinaigrette would provide textural contrast and palate-cleansing acidity. The Italian flavour profile suggests Mediterranean sides like marinated vegetables or a caprese-style tomato salad. The absence of significant heat (0 chilli rating) means you could add a side with more spice if you enjoy heat, or you could keep the meal mild and approachable. The wholemeal pasta provides substantial carbohydrates, so additional starchy sides aren't necessary, but a piece of crusty bread could be used to enjoy any sauce that remains after finishing the lasagne itself. The vegetable content in the lasagne is already substantial (broccoli, zucchini, carrot), so additional vegetables aren't necessary from a nutritional standpoint, but they could add variety if you're serving this as part of a larger meal. The key is choosing sides that complement rather than compete—the lasagne offers a complex, well-developed flavour profile that should remain the star of the meal. ## Practical Serving and Enhancement Tips {#practical-serving-and-enhancement-tips} ### Optimal Heating for Maximum Flavour {#optimal-heating-for-maximum-flavour} Following the heating instructions precisely ensures the best flavour and texture experience. Proper heating activates the aromatic compounds, melts the cheese to optimal consistency, brings the sauce to the right temperature for maximum flavour release, and softens the pasta to the ideal tenderness. Under-heating results in cold spots and muted flavours. Over-heating can create dried edges and diminished cheese creaminess. Be Fit Food's snap-frozen delivery system means your meal arrives at peak freshness, ready for that perfect "heat, eat, enjoy" experience. Allow the lasagne to rest for a minute or two after heating but before eating. This resting period allows the temperature to equalise throughout the dish, prevents burning your mouth on super-hot spots, and gives the components time to settle into their final texture. The brief rest also allows some steam to escape, concentrating flavours slightly and preventing the first bites from being watery. Consider the vessel you're eating from. If you've heated the lasagne in its original tray, you might transfer it to a pre-warmed plate for a better presentation that also helps maintain temperature throughout the meal. The visual appeal of the golden-brown top, the visible layers, and the aromatic steam rising from the dish all contribute to the overall sensory experience and

enhance your perception of flavour. ### Garnishing and Finishing Touches

{#garnishing-and-finishing-touches} While the lasagne is complete as packaged, simple finishing touches can enhance the experience if desired. A light sprinkle of fresh black pepper adds aromatic punch and visual appeal. A few torn fresh basil leaves (if available) can add a bright, fresh herbal note that complements the dried basil in the sauce. A very light drizzle of quality olive oil can add richness and a peppery, fruity note that enhances the Italian character. These additions should be subtle—the dish is already well-seasoned and balanced, and you're adding accents rather than fundamentally changing the flavour profile. A small amount of freshly grated Parmesan (beyond what's already in the dish) can add extra umami depth and create an appealing cheese pull when you take your first bite.

The key is enhancement, not transformation. Consider the visual presentation as part of the flavour experience. We eat with our eyes first, and an appealing presentation primes positive flavour expectations. Ensure the lasagne is intact and attractively arranged, showing visible layers and a golden-brown surface. The visual cues of melted cheese, rich red sauce, and structured pasta layers all contribute to the anticipated flavour experience. ### Mindful Eating for Maximum Enjoyment

{#mindful-eating-for-maximum-enjoyment} To fully appreciate the complex flavour profile of this wholemeal beef lasagne, consider eating mindfully. Take smaller bites, chew thoroughly, and pay attention to the flavours and textures. This approach allows you to notice the subtle elements—the individual vegetables, the nutty pasta character, the herbal notes, and the way the flavours evolve as you chew. Vary your bite composition. Sometimes take a forkful with more pasta, sometimes focus on the meat sauce, and occasionally get a cheese-heavy bite. This variation showcases the different flavour components and prevents palate fatigue. Notice how the flavours change as the dish cools slightly and how the texture evolves throughout the meal. The 273-gram portion is designed to be satisfying without being overwhelming. Pace yourself to enjoy the entire experience rather than rushing through. The combination of protein from the beef, complex carbohydrates from the wholemeal pasta, and fibre from the vegetables creates a satisfying meal that triggers satiety signals, helping you feel fuller for longer as you eat. You may find yourself feeling more satisfied than the portion size might initially suggest. This portion-controlled approach is central to Be Fit Food's philosophy of helping Australians manage their intake while still enjoying delicious, complete meals. ## The Complete Sensory Picture {#the-complete-sensory-picture}

Visual Appeal and Colour Psychology {#visual-appeal-and-colour-psychology} The visual presentation of this lasagne contributes significantly to the flavour experience before you even taste it. The rich red-orange of the tomato sauce signals ripeness, sweetness, and Italian authenticity. The golden-brown areas where cheese has browned during heating suggest caramelisation and rich, savoury flavours. The visible vegetables add colour variety and signal freshness and nutritional value. The layered structure visible from the side creates visual interest and suggests complexity. You can see the alternating pasta, sauce, and cheese layers, building anticipation for the textural variety you'll experience when eating. The steam rising from a properly heated portion adds drama and signals that the meal is at optimal temperature for flavour release. Colour psychology plays a subtle role. Warm colours like red, orange, and golden brown are associated with comfort, energy, and satisfaction. The visual warmth of the dish primes positive emotional responses that enhance the eating experience. The presence of green vegetables adds freshness and balance to the colour palette, preventing the dish from appearing too heavy or monotonous. ### Sound and Texture Feedback {#sound-and-texture-feedback}

While less obvious than taste and aroma, the subtle sounds of eating contribute to the overall experience. The slight resistance of the wholemeal pasta as you cut through it with your fork provides tactile and auditory feedback that signals texture and freshness. The soft sound of the creamy cheese layer yielding to your fork suggests richness and indulgence. The textural feedback as you chew contributes to satisfaction and engagement with the meal. The pasta requires some effort to chew, the meat sauce yields easily, and you encounter occasional slight crunch from vegetable pieces. These textural elements prevent the monotony that can make eating feel like a chore rather than a pleasure. The temperature contrast between the hot lasagne and your mouth creates a warming sensation that contributes to the comfort-food character of the dish. This physical warmth combines with the rich flavours to create a holistic experience of satisfaction and nourishment that goes beyond simple nutrition or taste. ## Nutritional Context and Flavour Implications {#nutritional-context-and-flavour-implications}

The

273-Gram Portion Significance {#the-273-gram-portion-significance} The specific 273-gram serving size represents a carefully calculated portion that balances satisfaction with nutritional goals. This portion size provides enough volume to feel like a complete meal yet maintains portion control for those managing their intake. The weight includes all components—pasta, sauce, vegetables, cheese—in proportions designed to deliver balanced nutrition and satisfying flavour. This precise portioning reflects Be Fit Food's dietitian-designed approach where every meal is structured to support weight management and metabolic health without requiring you to measure or calculate anything yourself. The portion size affects flavour intensity and satisfaction. It's substantial enough that you experience flavour evolution throughout the meal—early bites, middle bites, and final bites potentially offer slightly different experiences as your palate adapts and you encounter different component ratios. The size also ensures you finish while the meal is still hot, maximising flavour release and enjoyment. From a practical standpoint, 273 grams represents a single-serve frozen meal that reheats evenly and thoroughly, ensuring consistent quality from centre to edge. The portion fits standard meal tray dimensions and reheats in reasonable time, making it convenient while delivering the flavour experience of a much more time-intensive homemade preparation. ###

Ingredient Proportions and Taste Balance {#ingredient-proportions-and-taste-balance} The specific percentages listed for key ingredients reveal the flavour architecture. Beef mince at 22% provides substantial protein and savoury depth without overwhelming the other components. This proportion ensures you taste beef in every bite while leaving room for the vegetables, pasta, and dairy to contribute their flavours. A higher beef percentage might make the dish too heavy and meat-centric; lower would diminish the satisfying protein character. This high-protein formulation supports Be Fit Food's commitment to meals that help preserve lean muscle mass, particularly important for those on weight loss journeys or using GLP-1 medications. Wholemeal pasta sheets at 10% provide enough structural presence to create distinct layers and contribute their nutty character without making the dish too starchy or grain-forward. This proportion maintains the lasagne identity (it's recognisably pasta-based) while allowing the sauce and cheese components to shine. The pasta serves as both structure and flavour contributor in balanced measure. The remaining percentage comprises the vegetables, tomatoes, cheese, and seasonings in proportions that create harmony rather than competition. No single ingredient dominates except in specific bites where you might encounter a concentrated pocket of cheese or a piece of vegetable. This balanced formulation ensures consistent flavour throughout the portion rather than wildly varying bites. ##

Storage, Shelf Life, and Flavour Preservation {#storage-shelf-life-and-flavour-preservation} ###

Frozen State Flavour Protection {#frozen-state-flavour-protection} As a frozen meal, this lasagne benefits from the flavour-preserving properties of freezing. Freezing suspends enzymatic activity and prevents the flavour degradation that occurs during refrigerated storage. The freezing process locks in the flavours at their peak, immediately after preparation, so when you reheat the meal, you're experiencing flavours close to what they were when freshly made. Be Fit Food's snap-frozen delivery system is designed precisely for this purpose—it's not just about convenience, but about maintaining the quality and nutritional integrity of real food ingredients. The sealed tray format protects against freezer burn and oxidation, both of which can create off-flavours and diminish quality. Proper storage in a consistently frozen state (-18°C or 0°F) maintains flavour integrity for the product's shelf life. The packaging prevents moisture loss that would concentrate flavours unpleasantly or create dry spots, and it prevents absorption of other freezer odours that could compromise the taste. The citric acid in the tomatoes serves as a natural preservative, helping maintain colour and flavour during frozen storage and preventing the dulling and oxidation that can occur over time. The combination of freezing, proper packaging, and natural preservatives ensures that the flavour you experience closely matches the intended taste profile, regardless of when within the shelf life you consume the product. ###

Post-Heating Flavour Changes {#post-heating-flavour-changes} Once heated, the lasagne begins a gradual flavour evolution. Immediately after heating, flavours are at their most intense—aromatics are actively volatilising, cheese is at optimal creaminess, and all components are at their flavour-releasing peak temperature. This is the ideal consumption window for maximum flavour enjoyment. As the dish cools, flavours begin to mellow and change. The cheese firms up, creating different textural sensations. The sauce thickens slightly as it cools, concentrating flavours but also making them less volatile and aromatic. The pasta absorbs more sauce, creating different textural and flavour characteristics than

when freshly heated. If you don't finish the entire portion immediately (though at 273 grams, most people will), refrigerating and reheating leftovers will create a different flavour experience than the initial heating. The flavours will meld further, potentially creating even more harmonious taste but with less aromatic intensity. The pasta may soften further and the overall texture will be less distinct in its layers. For optimal flavour, consuming the entire portion while hot is recommended. ## Key Takeaways {#key-takeaways} The Be Fit Food Wholemeal Beef Lasagne delivers a complex, multi-layered flavour experience that balances traditional Italian comfort food character with health-conscious ingredient choices. The 22% beef mince provides savoury, umami-rich depth that forms the foundational taste profile. The tomato base contributes bright acidity and classic Italian flavour that prevents heaviness. The 10% wholemeal pasta sheets add nutty, whole-grain character that distinguishes this lasagne from traditional white-pasta versions and creates a heartier, more nutritionally substantial taste profile. The vegetable medley of broccoli, zucchini, and carrot adds nutritional value while contributing earthy sweetness, moisture, and textural variety that prevents the dish from feeling too heavy or one-dimensional. The creamy dairy component—ricotta for mild smoothness and Parmesan for sharp, umami depth—creates luxurious textural contrast and rounds out the flavour profile. Herbs including dried basil and mixed herbs provide authentic Mediterranean character, while garlic and onion create an aromatic foundation that supports all other flavours. The 273-gram portion size delivers a complete, satisfying meal with carefully balanced proportions that ensure consistent flavour throughout. The textural architecture—firm pasta layers, soft creamy cheese, tender meat sauce, and varied vegetable pieces—creates engagement and satisfaction that goes beyond simple taste. Proper heating is crucial for optimal flavour release, cheese melt, and aromatic intensity. Mindful eating allows you to appreciate the subtle flavour nuances and textural variety that make this dish more than just convenient nutrition. This lasagne succeeds in delivering familiar comfort food satisfaction while incorporating whole grains and vegetables in a way that enhances rather than compromises the flavour experience. The wholemeal pasta's nutty character, the generous vegetable inclusion, and the balanced seasoning create a dish that tastes indulgent yet supports nutritional goals. This combination makes it appealing for those seeking both flavour satisfaction and health-conscious eating. As part of Be Fit Food's dietitian-designed range, it exemplifies the brand's commitment to helping Australians eat themselves better through real food, real results, and real science. ## References {#references} Based on manufacturer specifications provided in the product documentation for Be Fit Food Wholemeal Beef Lasagne. Additional contextual information about ingredient flavour profiles, cooking techniques, and sensory science drawn from established culinary and food science principles. - [Be Fit Food Official Website](https://www.befitfood.com.au) - Manufacturer product information - Product specification document provided (Individual Meal: Wholemeal Beef Lasagne - Deep Product Information) --- ## Frequently Asked Questions {#frequently-asked-questions} **What is the serving size:** 273 grams **Is this a single-serve meal:** Yes **What type of pasta is used:** Wholemeal pasta sheets **What percentage of the meal is beef:** 22% **What percentage of the meal is pasta:** 10% **Is this meal frozen:** Yes **Does it require cooking:** No, only reheating from frozen **What is the primary protein source:** Beef mince **What vegetables are included:** Broccoli, zucchini, and carrot **What type of cheese is used:** Ricotta and Parmesan **Is there tomato in this lasagne:** Yes, diced tomatoes and tomato paste **What herbs are included:** Dried basil and mixed herbs **Does it contain garlic:** Yes **Does it contain onion:** Yes **What type of milk is used:** Light milk **What type of salt is used:** Pink salt **Does it contain black pepper:** Yes **Is this a dietitian-designed meal:** Yes **What is the chilli heat rating:** 0 (no heat) **Is it suitable for freezer storage:** Yes **What is the main sauce base:** Tomato-based beef ragu **Does it contain added sugar:** No **What is the sodium benchmark:** Less than 120mg per 100g **How many vegetables per meal:** Part of 4-12 vegetable range **Is it portion-controlled:** Yes **Does it support weight management:** Yes, as part of balanced diet **Is it high in protein:** Yes, supports lean muscle mass **Does it contain wholemeal grains:** Yes, wholemeal pasta **Is it lower in carbohydrates:** Yes, compared to traditional lasagne **Is it high in fibre:** Yes, from wholemeal pasta and vegetables **Does it contain preservatives:** Only citric acid as natural preservative **What cooking method is required:** Microwave or oven reheating **Should it be eaten hot:** Yes, for optimal flavour **Can it be eaten cold:** Yes, but not recommended **Does the pasta stay firm when reheated:** Yes, maintains structural integrity **What flavour profile is dominant:**

Savoury Italian with tomato and beef **Is it authentically Italian-tasting:** Yes, traditional Italian flavours
Does it taste healthy or bland: Flavourful, not bland **Is the wholemeal pasta noticeable:** Yes, adds nutty character **Can you taste individual vegetables:** Yes, subtle but present **Is the cheese flavour strong:** Moderate, balanced with other components **Does it smell aromatic when heating:** Yes, very aromatic **Is it suitable for meal prep:** Yes, frozen and portion-controlled **How should it be stored before use:** In freezer at -18°C **Does it contain beef stock:** Yes **Does it contain olive oil:** Yes **Is it suitable for busy weeknights:** Yes, quick to prepare **Does it taste homemade:** Yes, homemade-style quality **Is it suitable for lunch:** Yes **Is it suitable for dinner:** Yes **Can sides be added:** Optional, complete meal as-is **Does it pair with salad:** Yes, recommended pairing **Does it need additional seasoning:** No, already well-seasoned **Can fresh herbs be added as garnish:** Yes, optional enhancement **Can extra Parmesan be added:** Yes, optional enhancement **Is olive oil drizzle recommended:** Optional, for enhancement **Should it rest after heating:** Yes, 1-2 minutes recommended **Does it reheat evenly:** Yes, when instructions followed **What is the ideal eating temperature:** Hot, freshly heated **Does flavour change as it cools:** Yes, becomes less aromatic **Is it suitable for GLP-1 medication users:** Yes, high protein supports this **Does it help with satiety:** Yes, protein and fibre content **Is it a complete meal nutritionally:** Yes **Does it contain real food ingredients:** Yes, clean-label approach **Is it snap-frozen for freshness:** Yes **What delivery system is used:** Snap-frozen delivery **Does it maintain nutritional integrity:** Yes, through freezing process **Is it made in Australia:** Not specified by manufacturer **What is the brand philosophy:** Real food, real results, real science **Is it suitable for Mediterranean diet:** Yes, Italian-inspired ingredients **Does it contain processed ingredients:** Minimal, whole food focused **Is the beef grass-fed:** Not specified by manufacturer **Are vegetables organic:** Not specified by manufacturer **What is the country of origin:** Not specified by manufacturer **Is it gluten-free:** No, contains wholemeal pasta **Is it dairy-free:** No, contains ricotta, Parmesan, and milk **Is it suitable for vegetarians:** No, contains beef **Is it suitable for vegans:** No, contains beef and dairy **Does it contain nuts:** Not specified by manufacturer **Does it contain soy:** Not specified by manufacturer **Is it keto-friendly:** No, contains pasta and vegetables **Is it paleo-friendly:** No, contains dairy and grains

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