

Cottage Pie with Cauliflower Mash (GF)

| Be Fit Food

Canonical: <https://befitfood.com.au/products/cottage-pie-with-cauliflower-mash-gf-1>

Details:

Product

Product Facts

****Product Name**:** Cottage Pie with Cauliflower Mash (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 9358266000625 ****MPN**:** 9358266000625

A hearty low carb take on a classic comfort food, our Cottage Pie with Cauliflower Mash delivers on both comfort and flavour without the calories. Made with tender lean mince filling and a creamy cauliflower mash topping, this dish is a hearty and satisfying meal. Gluten free Good source of protein (31g per serve) Excellent source of dietary fibre Contains 8 different vegetables Contains grass-fed beef Heating & Storage Instructions Nutrition Ingredients: Beef Mince (27%), Cauliflower Rice (17%), Diced Tomato, Cannelini Beans, Potato, Mushroom, Carrot, Green Peas, Onion, Zucchini, Egg White, Light Tasty Cheese (Milk), Beef Stock, Tomato Pasta, Ricotta Cheese (Milk), Gluten Free Soy Sauce, Parmesan Cheese (Milk), Garlic, Olive Oil, Rice Vinegar, Corn Starch, Pepper, Pink Salt, Thyme. Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin

Variant Price Availability	--- --- ---	110007.GF 14.95 AUD	110007.GF-MP1 13.85 AUD
110007.GF-MP2 13.50 AUD	110007.GF-MP3 12.95 AUD	110007.GF-MP4 13.55 AUD	110007.GF-MP5 14.40 AUD
110007.GF-MP6 10.15 AUD	110007.GF-MB1 14.90 AUD	110007.GF-MB2 14.50 AUD	110007.GF-MB3 13.95 AUD
110007.GF-MP7 14.05 AUD	110007.GF-MB4 13.50 AUD		

Cottage Pie with Cauliflower Mash (GF)

Enjoy a familiar comfort-food option with Cottage Pie with Cauliflower Mash. This prepared dish pairs a beef mince filling with a creamy cauliflower mash topping. The recipe includes tomato, cannellini beans, potato, mushrooms and other vegetables, together with tasty cheese, ricotta and parmesan.

Displayed price: A\$14.95 , checked 19 October 2026. Confirm the current price and selected product at checkout.

Choosing this meal

This is a beef-based cottage pie with a mash topping, rather than a pastry pie. Beef mince makes up 27% of the recipe and cauliflower rice 17%. Carrot, peas, onion and zucchini are included alongside the other vegetables and beans.

Cauliflower mash does not mean the recipe contains no potato: potato is also listed. The topping is not dairy-free. Several cheeses appear in the recipe, and the declared allergens are egg, milk and soybeans.

The panel lists 30.8 g protein, 20.0 g carbohydrate and 7.4 g fibre for the stated 306 g serving. Compare the full panel and serving size rather than relying only on “cauliflower” or “gluten free” in the

name. Other beef options include Gluten Free Beef Lasagne and Chilli Con Carne .

Ingredients and allergens

Ingredients: Beef Mince (27%), Cauliflower Rice (17%), Diced Tomato, Cannelini Beans, Potato, Mushroom, Carrot, Green Peas, Onion, Zucchini, Egg White, Light Tasty Cheese (Milk), Beef Stock, Tomato Pasta, Ricotta Cheese (Milk), Gluten Free Soy Sauce, Parmesan Cheese (Milk), Garlic, Olive Oil, Rice Vinegar, Corn Starch, Pepper, Pink Salt, Thyme.

Allergens: Egg, Milk, Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Tree Nuts, Peanuts, Lupin

Nutrition information

Serving size: 306g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1330 kJ (317 Cal)	433 kJ (103 Cal)
Protein	30.8g	10.1g	Fat	10.8g	3.5g	Saturated fat	4.3g	1.4g
Carbohydrate	20.0g	6.5g	Sugars	8.3g	2.7g	Fibre	7.4g	2.4g
Sodium	489mg	159mg	Gluten	Nil Detected	Nil Detected			

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the storage and preparation directions on the pack you receive. Use the product-specific instructions rather than assuming every meal or snack has the same heating time. The heating and storage help centre provides further guidance.

Cottage Pie questions

Is this a vegetarian cauliflower pie?

No. Beef mince is the main listed ingredient, and the recipe also contains beef stock. Cauliflower describes part of the mash-style topping, not a replacement for the beef filling.

Does the meal contain potato, egg or dairy?

Yes. The full ingredient list includes potato, egg white, light tasty cheese, ricotta and parmesan. Egg and milk are declared allergens, along with soybeans.

Does cauliflower mash mean no carbohydrates?

No. The panel lists 20.0 g carbohydrate per 306 g serving. The recipe includes potato, beans and vegetables as well as cauliflower. Use the actual panel when comparing meals.

Order and delivery

Check delivery coverage for your postcode and the available delivery schedule . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and choose your quantity . To plan several meals, compare meal bundles or browse the individual meal menu .

For an ingredient or ordering question, contact Be Fit Food . Check your delivered label, including any “may contain” declaration, before choosing for a food allergy.