

TURKEY & MACARONI RECIPE

Makes approximately
2kg of fresh food



INGREDIENTS:

450g macaroni pasta
420g potato
500g turkey breast (finely diced) or mince
75g chicken liver
145g carrots
190g broccoli
130g spinach
30ml (2T) canola oil
Large pinch salt
17g (1 level scoops) The Nosh Project Nourish 27 Essential Meal Balancer

PREPARATION & COOKING:

1. Wash all vegetables thoroughly.
2. Dice potato, carrot and broccoli to 1cm cubes, set aside.
3. Finely chop spinach, set aside.
4. Cut chicken liver into 1cm cubes, set aside.
5. Cook pasta according to package instructions. Set aside to cool.
6. Place potatoes in a pot and cover with cold water, bring to the boil. Cook potatoes for 10-15 mins or until tender. Drain & set aside to cool.
7. In a non-stick pan over medium to high heat, cook turkey & chicken liver. Stir often & break up any large pieces.
8. While turkey is still slightly pink, add carrots, broccoli & spinach. Cook until turkey is cooked through and vegetables have softened. Place mixture into a large mixing bowl & set aside to cool.
9. Once the meat mixture has cooled completely, add pasta, potatoes, oil and salt. Mix until combined.
10. Evenly sprinkle half the Nourish 27 (half scoop) and stir to combine, then evenly sprinkle remaining half and mix thoroughly until fully incorporated.

SERVING & STORAGE:

1. To serve immediately after cooking, measure out the appropriate amount of food on a scale. See feeding guides below. Serve at room temperature.
2. To store remaining food, portion into individual serving sizes appropriate to your dog's weight in airtight containers. Label each container with the date and place in the fridge (4° C) or freezer (-15° C). Meals can be kept in the refrigerator for up to 4 days or in the freezer for up to 12 weeks.
3. To serve from frozen, remove pack from freezer and defrost in the fridge overnight.

IMPORTANT NOTES:

- Try other pastas like risoni, penne or spiral pasta. Avoid long or large pasta shapes like spaghetti or fettucine.
- Use fresh vegetables where possible, however when using frozen vegetables, make sure there are no added ingredients such as salt or sugar.
- Carefully follow The Nosh Project make-at-home recipes for ingredient listings and Nourish 27 quantities to ensure a nutritionally complete & balanced meal.
- Do not deviate from recipe or add more than recommended. consumption.
- Formulated for your dog. Not for human consumption.
- Keep out of reach of children.
- Use only human-grade, treated chicken liver. For more information, please visit the Australian Department of Agriculture.

DAILY FEEDING GUIDE:

Adult weight (kg)	Feed (g)
2-5	200-375
5-10	375-500
10-15	500-625
15-20	625-875
20kg+	Add 125g per 5kg of additional body weight

DAILY FEEDING GUIDE:

Crude Protein	8% (min)
Crude Fat	2.8% (min)
Crude Fibre	0.5% (max)
ME	115kcal/100g
Moisture	70%
Ash	1.5%