The **Nosh** Project.

CHICKEN & RICE RECIPE

Makes approximately 2.5kg of fresh **Cat** food

Cat

INGREDIENTS:

145g (¾C) white rice
(you will get approx. 435g cooked white rice)
1400g chicken breast (finely diced) or mince
150g chicken liver
150g carrot
165g broccoli
35ml (2T) canola oil
Large pinch salt
15g (1 level scoop) The Nosh Project Nourish[29] Balance for Cats & Kittens

PREPARATION & COOKING:

1. Wash all vegetables thoroughly.
2. Dice carrot to 0.5cm cubes, set aside.
3. Finely chop broccoli, set aside.
4. Cut chicken liver into 0.5cm cubes, set aside.
5. Cook rice according to package instructions. Set aside to cool.
6. In a non-stick pan over medium to high heat, cook chicken mince & liver. Stir often & break up any large pieces.
7. While chicken is still slightly pink, add carrots & broccoli. Cook until chicken is cooked through and vegetables have softened. Place mixture into a large mixing bowl & set aside to cool.
8. Once the meat mixture has cooled completely, add rice, oil and salt. Mix until combined.
9. Evenly sprinkle half the Nourish[29] Balance for Cats & Kittens (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 cat'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, defrost in the fridge overnight. Bring to room temperature before feeding.

IMPORTANT NOTES:

- 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[29] Balance for Cats & Kittens quantities to ensure a nutritionally complete & balanced meal.
- Do not deviate from recipe or add more than recommended.
- Formulated for your cat. 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)	Number of 150g portions
1 - 2	75 - 100	½ - ⅔
2 - 4	100 - 150	⅔ - 1
4 - 6	150 - 200	1 - 1 ⅓
6 - 8	200 - 300	1 ⅓ - 2
8kg+ Add 25g per 1kg of additional body weight.		

View the full feeding guide at thenoshproject.com.au