

CHICKEN & RICE RECIPE

Makes approximately
2kg of fresh **Puppy** food



INGREDIENTS:

430g (2¼C) white rice
(you will get approx. 1290g cooked white rice)
420g potato
500g chicken breast (finely diced) or mince
75g chicken liver
145g carrot
190g broccoli
130g spinach
30ml (2T) canola oil
Large pinch salt
17g (1 level scoop) The Nosh Project
Nourish²⁷ Balance for Puppies

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 rice 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 chicken mince & liver. Stir often & break up any large pieces.
8. While chicken is still slightly pink, add carrots, broccoli & spinach. Cook until chicken 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 rice, potatoes, oil and salt. Mix until combined.

10. Evenly sprinkle half the Nourish²⁷ Balance for Puppies (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 puppy'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.

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 Nourish²⁷ Balance for Puppies quantities to ensure a nutritionally complete & balanced meal.
- Do not deviate from recipe or add more than recommended.
- Formulated for your puppy. 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:

Age (months)	2	3	6	9	12
Expected Adult Body Weight (kg)	g/day	g/day	g/day	g/day	g/day
2	125	160	200	Adult	Adult
3	250	250	250	Adult	Adult
5	250	375	375	Adult	Adult
10	500	500	625	625	Adult
15	625	750	875	875	Adult
20	750	1000	1000	1000	Adult
20kg+ Add 125g per 5kg of additional body weight.					

View the full feeding guide at thenoshproject.com.au