

# Chicken Recipe

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



## INGREDIENTS:

- 130g carrots
- 140g broccoli
- 110g chicken liver
- 130g / ⅔ cup white rice
- 1.25kg chicken mince
- 30ml (2 Tbsp) canola oil
- 1 level scoop (15g) The Nosh Project Cat & Kitten Nourish<sup>29</sup> Balance

## PREPARATION & COOKING:

1. Wash all fresh vegetables thoroughly.
2. Dice carrot and broccoli into 0.5cm cubes, set aside.
3. Cut chicken liver into 0.5cm cubes, set aside.
4. Cook rice according to package instructions. Set aside to cool.
5. Fill a pot with cold water, cover and bring to the boil. Add carrot and broccoli to the pot and blanch for 5 mins. Drain & 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. Once cooked, place mixture into a large mixing bowl & set aside to cool.
8. Once the mince mixture has cooled completely, add rice, carrots, broccoli and oil. Mix until combined.
9. Evenly sprinkle half the Cat & Kitten Nourish<sup>29</sup> Balance (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 kitten's expected adult body 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 fridge for up to 4 days or in the freezer for up to 12 weeks.
3. To serve from frozen, remove container from freezer and 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 Cat & Kitten Nourish<sup>29</sup> Balance quantities to ensure a nutritionally complete & balanced meal.
- Do not deviate from recipe or add more than recommended.
- Formulated for your kitten. Not for human consumption.
- Keep out of reach of children.
- For Tasmania customers; use only human-grade, treated chicken liver. For more information, please visit our website or Biosecurity Tasmania, Hydatid Disease.

## 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 - 4	60 - 100	80 - 120	110 - 170	120 - 180	Adult
4 - 6	100 - 130	120 - 160	170 - 220	180 - 240	Adult
6 - 8	130 - 160	160 - 200	220 - 270	240 - 290	Adult
8kg+	Add 25g per 1kg of additional body weight				