

# Barramundi Recipe

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



**Puppy**

## INGREDIENTS:

330g potato  
160g carrots  
200g broccoli  
220g fresh spinach  
120g /  $\frac{2}{3}$  cup white rice  
700g barramundi  
30ml (2 Tbsp) canola oil  
1 level scoop (17g) The Nosh Project  
Puppy Nourish<sup>27</sup> Balance

## PREPARATION & COOKING:

1. Wash all fresh vegetables thoroughly.
2. Dice potato, carrot and broccoli into 1cm cubes, set aside.
3. Finely chop spinach, set aside.
4. Cook rice according to package instructions. Set aside to cool.
5. Place potatoes in a pot and cover with cold water, bring to the boil. Cook for 10-15 mins or until tender.
6. When potatoes have 5 mins remaining cook time, add carrot and broccoli to the pot. Drain & set aside to cool.
7. In a non-stick pan over medium to high heat, cook barramundi. Stir often & break up any large pieces.
8. When barramundi is almost cooked, add spinach and cook for further 20 seconds or until spinach is wilted. Place mixture into a large mixing bowl & set aside to cool.
9. Once the barramundi mixture has cooled completely, add rice, potatoes, carrots, broccoli and oil. Mix until combined.
10. Evenly sprinkle half the Puppy Nourish<sup>27</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 puppy'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.

## 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 Puppy Nourish<sup>27</sup> Balance 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.

## 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	120	150	190	Adult	Adult
3	160	200	260	Adult	Adult
5	240	300	390	Adult	Adult
10	400	500	650	680	Adult
15	540	680	880	920	Adult
20	670	840	1090	1140	Adult
20kg+	Add 125g per 5kg of additional body weight				

View the full feeding guide at [thenoshproject.com.au](https://thenoshproject.com.au)