

Turkey Meatloaf Recipe

Ingredients

- 500g Turkey mince
- 250g Chicken livers – cooked and chopped
- 80g can sardines in olive oil
- 40g smoked oysters
- 250g cooked rice
- 250g grated raw root vegetables – mix carrot, pumpkin, sweet potato, parsnip
- 50g rolled oats
- 2 free range eggs



Directions

1. Combine ingredients in a large bowl and mix well. Divide mixture into half for easier handling
2. Prepare 2 sets of double-lined sheets of foil and line with baking paper (no sticking this way). Lay the mixture out on the sheet and mould into a log shape. Roll up and seal
3. Place in a moderate oven at 180C for 1 hour. Test for being cooked through by piercing with a knife, the juice should run clear. Alternatively, you can test for cooked by pressing down on the meatloaf, if it is soft it isn't quite cooked. You can open the wrapping for the last 15 minutes if you want to brown the top (not necessary for the dogs!)
4. Once cooked allow to rest, wrapped, for 30 minutes before cutting (this allows the yummy juices to re-absorb)
5. Cut into serving sizes and freeze as soon as possible. You may chill in the fridge first but don't leave it out of the fridge for longer than 60 minutes for food safety

Loaf tins would work for this too if you have them, but they're not essential.

This recipe makes approximately 7 x 200g serves, a dinner meal size for a 10kg dog.

Defrost fully and warm to serve.

Before serving, to make this nutritionally complete and balanced as possible add 20g of Wellbeing Essentials Complete 22 for a 200g serve and 5mls of hemp seed oil.

Also add steamed green vegetables to make it even more nutritious.