

## Mango Coconut Curry with Whitefish, Lamb, and Egg

This meal is a sweet and savory treat for pets, with mangos, coconut, and a bounty of new flavors from ginger and curry powder. Ginger is one of the richest nutritional sources of manganese, an essential nutrient that helps build collagen, strengthens ligaments and tendons, and assists with metabolism and mitochondrial function. “Whitefish” is a blanket term for many types of flaky, white fish, so choose what you like, but we love cod, tilapia, flounder, sole, halibut, snapper, catfish, haddock, and grouper.

Adult Canine, with Supplements

Yields 4¼ pounds

40 calories/ounce

25 ounces fresh whitefish  
 1 pound ground lamb  
 9 large eggs, shelled  
 6 ounces cauliflower  
 4 ounces fresh mango  
 4 ounces sweet red peppers  
 2 ounces dried, unsweetened coconut meat, flaked or shredded  
 1.5 ounces fresh basil  
 7 grams mild curry powder  
 7 grams ground ginger  
 9 grams nutritional yeast

10 grams eggshell powder  
 1 gram kelp powder (containing 700 micrograms of iodine per gram of kelp powder. This is a total of 700 micrograms iodine if you are using an iodine supplement rather than kelp powder.)

### Supplements

- 45 milligrams zinc
- 4 milligrams copper
- 100 milligrams magnesium
- 18 milligrams iron
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.

**Choose Your Curry:** Curry powders come in mild, medium, and hot, and some contain onion powder. Look for onion-free, mild curry powder when sharing with your pets. Animal studies show curry protects against oxidative stress on the brain, heart, kidneys, and nervous system, so it's an all-around smart addition for an overall bump in organ protection.