

Break Boredom With Fun Indian Meal Ideas for Your Pets

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Imagine eating the same meal for breakfast, lunch, and dinner all year round. Besides getting bored to death, you'll end up with serious nutrient deficiencies in the body. When William Cowper, the English poet, said, "Variety is the spice of life, that gives it all its flavour.", he was quite right.

When it comes to our pets, they do not have as many taste buds as we do. On average, a human has 9000 taste buds, while a dog has roughly 1700 and a cat even fewer, at about 473! So, to think that our fur babies will get tired of their food may seem out of the question, right? Well, not exactly. Dogs and cats have a heightened sense of smell—nearly 14 times more than humans—and rely on it heavily, especially during mealtime! This means that if their food smells the same every day, they will notice it, possibly get bored and eventually reject it.

But it's not just about food fatigue. Giving your pets the same food daily risks their proper growth and development. Like you, your pets need a balanced diet to improve their health, happiness, and longevity.

Now, if you're wondering what variety of foods you can introduce to your pet companions, you're in the right place! We have five fun and easy meal ideas for your dogs and cats that you can assemble in under 30 minutes. But remember that before making any dietary changes, it's best to consult your trusted vet for advice.

Three Indian meal ideas for your pet dog

As a rule of thumb, your pet dog will need a high-carb diet and good protein, fat, vitamin, and mineral sources. Here are three nutrition-packed meals that will keep your dog growing strong, healthy, and happy:

1. Winner winner chicken dinner

If you've been serving your dog the same old chicken rice, it's time for a delicious and healthy twist. With this recipe, you can sneak in some healthy veggies that your dog may otherwise reject. Moreover, it's a one-pot meal, so you save time and have fewer dishes to wash.

Ingredients

- Two chicken breasts
- 1/4 cup rolled oats or white rice
- 1 cup mixed vegetables of choice (green beans, carrots, potatoes, broccoli, green peas)
- 2 cups plain chicken broth or water
- 2 tbsp cooking oil (olive/ sunflower/ rice bran)

Recipe

- Cut the chicken breast and vegetables into cube-sized pieces.
- Heat the oil in a pan and saute the chicken until cooked.
- Next, add the vegetables, rolled oats, and chicken broth together. You can use white rice instead of rolled oats and water instead of chicken broth.
- Once it comes to a boil, cover the pan and allow everything to simmer for 15-20 minutes.
- Let the one-pot chicken casserole cool down before serving it to your dog in their favourite bowl!

Yummy tip: You can replace the chicken in this recipe with boneless fish, lean beef, or mutton.

2. Homely curd rice mix

Curd rice is highly beneficial to your dog's gut health. You can enhance the dish further by adding some extras such as eggs and crunchy raw vegetables.

Ingredients

- 1/2 cup white rice
- 1 cup fresh curd
- 1-2 crunchy vegetables (carrots, cucumbers)
- 1-2 boiled eggs
- Water

Recipe

- Boil the rice and let it cool completely.
- Chop the eggs into bite-sized pieces and grate the vegetables.
- Mix the curd into the rice. Then, add the boiled eggs and veggies and stir well.
- Serve the curd rice mix to your doggy right away!

Yummy tip: You can add other protein sources, such as boiled chicken or mutton, instead of boiled eggs. Similarly, add your dog's other favourite vegetables, like boiled potatoes, sweet potatoes, or peas. However, if your dog has digestive issues, give them plain curd rice without any extras.

3. Khichdi delight

Khichdi is considered the national dish of India, and rightly so! It is a wholesome meal with all the necessary nutrients, which is good not only for you but also for your pet dog. It's also the easiest to put together—add all the ingredients in a pressure cooker, let it whistle away, and you're done!

Ingredients

- 1/2 cup white or brown rice
- 1/4 cup moong dal
- 1/2 cup mixed vegetables of choice (carrot, green peas, green beans, broccoli, cauliflower)
- 1/2 cup soya chunks
- 1 tsp turmeric
- Salt
- 1½ litre water

Recipe

- Rinse and soak the rice and dal for about 30 minutes.
- Chop the vegetables into bite-sized pieces.
- Add all the ingredients, including the rice, dal, vegetables, soya chunks, turmeric, salt, and water, to a pressure cooker.
- Cook for 4-5 whistles. Once the pressure is released on its own, open the cooker.
- Adjust the consistency of the khichdi using boiling water if necessary.
- Let it come to room temperature before giving it to your dog.

Yummy tip: If your dog is allergic to soy products, consider using other protein-rich foods such as chicken or mutton.

Three Indian meal ideas for your pet cat

Cats need a diet that contains high protein, moderate fat, minimal carbs, and adequate vitamins and minerals. Here are three easy and delicious meals for your kitty cat that you can whip up in no time:

1. One-pot chicken stew

One-pot chicken meals are a win-win for all: it's easy to cook, so pet parents are happy, and it's nutrition-packed, so your pet kitty is happy too.

Ingredients

- One chicken breast
- 1/4 cup white or brown rice
- 1/4 cup plain chicken broth
- 1/4 cup carrots
- 1/4 cup green peas
- 1/4 cup green beans
- Water

Recipe

- Wash the chicken thoroughly, put it in a deep cooking pot, and fill it with water.
- Cut the carrots and green beans into small pieces and add them to the vessel. Next, add the green peas and rice, too.
- Allow everything to cook correctly.
- Once done, let the stew cool down completely and then blend everything.
- Serve it immediately!

Yummy tip: You can make beef or mutton stew using the same recipe. Just replace chicken with a boneless meat of your choice.

2. Seafood platter

Cats love seafood because it is packed with protein, which they need to maintain their energy throughout the day. So, treat your kitty to this seafood platter every once in a while, and they'll definitely thank you for it!

Ingredients

- 1/2 cup fish of choice (mackerel/ salmon)
- 1-2 small prawns
- 1 tbsp sunflower or fish oil
- 1/4 cup brown rice
- 2 tbsp chicken broth

Recipe

- Cook the fish and debone it.
- Devein the prawns and cook it.
- Steam the rice.
- Blend the fish, prawns, brown rice, sunflower oil, and chicken broth in a mixer grinder. Alternatively, you can take a mixing bowl and manually mash all the ingredients together.
- Serve it at room temperature in your cat's dish!

Yummy tip: Even though cats love seafood, it should be given to them in moderation as it lacks the other nutrients essential for your cat's well-being. To make the seafood platter more nutritious, you can also consider adding 2 tbsp of grated carrots or boiled peas to the mix.

3. Egg rice mix

When you do not have chicken, fish, or any other meat, eggs are an excellent substitute that guarantees protein power! Plus, the recipe packs the goodness of veggies so that your kitty gets the essential vitamins and minerals, too.

Ingredients

- 1/4 cup white or brown steamed rice
- One boiled egg (without yolk)
- 2 tbsp boiled beet
- 2 tbsp cooked carrot
- 2 tbsp boiled green peas
- 2 tbsp cooked green beans
- 1 tbsp olive oil or 2 tbsp chicken broth

Recipe

- Cut the egg into small pieces.
- Grate the beet and carrot. Mash the green peas and green beans.
- Combine the rice, egg, and mashed veggies in a mixing bowl. To moisten the dish, top with olive oil or chicken broth.
- Serve it to your kitty.

Yummy tip: Add boiled moong dal and shredded cooked chicken to the rice for a more protein-packed meal.

Takeaway tip: Always check in with your vet before introducing any diet changes

We mentioned this earlier and are repeating it: before trying out any recipes, always ask your vet to understand if they suit your pet. Also, feel free to alter them, taking into

consideration your pet's allergies, age, size, activity level, health status, and other unique requirements. Happy cooking for your furry friends!