



Dinner recipe.

**Chicken with fig gravy &
mashed potato**

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Preparation.

1. Put the figs, cornstarch and chicken broth in a ziplock.
2. Potato powder, black pepper and garlic in another bag.
3. The ghee (or salted butter) goes in a bag of its own.
4. Don't forget the Chicken creation packet.

Instructions.

5. Melt half the ghee, add 1/8 cup of water and stir the fig bag through.
 6. Pour the gravy in the chicken packet and set aside.
 7. Heat 3/4 cup of water and mix in the potato powder ziplock and ghee.
 8. Pour the fig and chicken gravy over the potatoes.
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Ingredients.

- Mashed potato powder 1.75oz(50gr) 190kcal
- Starkist chicken 2.6oz(75gr) 90kcal
- Dried figs 2.6oz(75gr) 203kcal
- 1.5tbsp ghee 0.7oz(20gr) 175kcal
- 1/4 chicken broth cube 0.09oz(2.5gr) 6kcal
- 1/2tsp cornstarch 0.05oz(1.5gr) 4kcal
- 1/2tsp freeze dried garlic 0.05oz(1.5gr) 4.5kcal
- 1/4tsp black pepper 0.0175oz(0.5gr) 2kcal

226gr(8oz) 675kcal

kcal/oz= 85