

C02-B Chinese Bowl: Orange Paneer & Noodles

Variant: Orange Paneer | Noodles Flavor Profile: Citrus, Sweet, Tangy (Improved Recipe).

1. Ingredient Scaling / सामग्री माप

Ingredient	1 Portion	2 Portions	4 Portions
Paneer	100g	200g	400g
Orange Juice (Fresh)	60ml (1 Orange)	120ml	240ml
Orange Zest	1/2 tsp	1 tsp	2 tsp
Onion/Capsicum	1/2 Cup	1 Cup	2 Cups

2. Carb Prep: Noodles / नूडल्स (Flavor Enhanced)

1. Boil: Cook in salted boiling water until 'al dente'.
2. Season: Drain. Toss with 1 tsp Garlic Oil, 1/2 tsp Soy Sauce, Salt/Pepper.

3. Vegetable Prep / सब्जियाँ

1. Cook: Steam Broccoli, Beans, Cabbage with Salt.
2. Season: Toss with 1/2 tsp Soy Sauce.

4. Protein Prep: Orange Paneer + Veg / ऑरेंज पनीर

1. Marinate: Coat Paneer (100g) with Cornstarch, Salt, Pepper.
2. Fry: Pan-sear until crisp and golden. Remove.
3. Stir Fry: Sauté Ginger, Garlic, Onion, Capsicum for 2 mins.

तड़का: अदरक, लहसुन, प्याज और शिमला मिर्च भूनें।

4. The Sauce (Crucial): Add 60ml Fresh Orange Juice, 1/2 tsp Orange Zest, 1/2 tsp Soy Sauce, 1/2 tsp Vinegar, 1/2 tsp Honey, pinch of Salt and Red Chili Flakes. Simmer until reduced to a glaze.

सॉस: 60ml संतरे का रस, ऑरेंज जेस्ट (छिलका), सोया सॉस, सिरका, शहद, नमक और चिली फ्लेक्स डालकर गाढ़ा होने तक उबालें।

5. **Toss:** Add Paneer. Toss quickly to coat.

5. Assembly / ਅਸੰਭਲੀ

1. **Layer:** Noodles at bottom.
2. **Sides:** Veggies and Orange Glazed Paneer with Onion/Capsicum.
3. **Garnish:** Fresh Cilantro.