

## C02-B Chinese Bowl: Orange Chicken & Rice

Variant: Orange Chicken | Rice Flavor Profile: Citrus, Sweet, Tangy (Improved Recipe).

### 1. Ingredient Scaling / सामग्री माप

Ingredient	1 Portion	2 Portions	4 Portions
Chicken	100g	200g	400g
Orange Juice (Fresh)	60ml (1 Orange)	120ml	240ml
Orange Zest	1/2 tsp	1 tsp	2 tsp

### 2. Carb Prep: Rice / चावल (Flavor Enhanced)

1. Cook: Boil Basmati rice with Salt.
2. Season: Fluff cooked rice with a pinch of Salt and 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 Chicken + Veg / ऑरेंज चिकन

1. Marinate: Coat Chicken (100g) with Cornstarch, Salt, Pepper.
2. Fry: Pan-sear until cooked and crisp. 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, सोया सॉस, सिरका, शहद, नमक और चिली पलेक्स डालकर गाढ़ा होने तक उबालें।

5. Toss: Add Chicken. Toss quickly to coat.

## 5. Assembly / ਅਸੰਬਲੀ

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