

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

Variant: Chilly Chicken | Rice Flavor Profile: Savory, Spicy.

### 1. Ingredient Scaling / सामग्री माप

Ingredient	1 Portion	2 Portions	4 Portions
Chicken	100g	200g	400g
Rice (Raw)	50-60g	100-120g	200-240g
Onion/Capsicum	1/2 Cup	1 Cup	2 Cups

### 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.

चावल: नमक डालकर उबालें। पकने पर हल्का नमक-काली मिर्च मिलाएं।

### 3. Vegetable Prep / सब्जियाँ

1. Prep: Broccoli florets, Green Beans (chopped), Cabbage (julienne).
2. Cook: Steam with 2 tbsp water and Salt for 3 mins.
3. Season: Toss with 1/2 tsp Soy Sauce.

### 4. Protein Prep: Chilly Chicken + Veg / चिली चिकन

1. Marinate: Coat Chicken (100g) with 1 tsp Cornstarch, Salt, and Pepper.
2. Fry: Pan-sear in 1 tsp oil until fully cooked. Remove.
3. Stir Fry: In same pan, add Ginger, Garlic, Green Chili. Add diced Onion and Capsicum. Sauté for 2 mins.

तड़का: उसी पैन में अदरक, लहसुन, मिर्च, प्याज और शिमला मिर्च (Capsicum) डालकर भूनें।

4. Sauce & Toss: Add Chicken back. Add 1 tbsp Soy Sauce, 1 tsp Vinegar, 1 tsp Red Chili Sauce, pinch of Sugar and Salt. Toss well.

सॉस: चिकन वापस डालें। सोया सॉस, सिरका, चिली सॉस, चीनी और नमक डालकर मिलाएं।

## 5. Assembly / ਅਸੰਬਲੀ

1. Layer: Rice at bottom.
2. Sides: Seasoned Veggies on one side. Chilly Chicken with Onion/Capsicum on other.
3. Garnish: Fresh Cilantro.