

C02-B Chinese Bowl: Shrimp & Rice

Variant: Shrimp | Rice Flavor Profile: Garlic, Soy, Light.

1. Ingredient Scaling / सामग्री माप

Ingredient	1 Portion	2 Portions	4 Portions
Shrimp	120g	240g	480g
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.

3. Vegetable Prep / सब्जियां

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

4. Protein Prep: Shrimp + Veg / झींगा (Shrimp)

1. Clean: De-vein 120g Shrimp. Season with Salt/Pepper.
2. Sauté: Heat oil. Sauté Garlic, Onion, Capsicum for 1 min.

तड़का: तेल में लहसुन, प्याज और शिमला मिर्च मूँदें।

3. Cook Shrimp: Add Shrimp. Cook 2-3 mins until pink.

झींगा: झींगा डालकर 2-3 मिनट पकाएं।

4. Sauce: Add 1 tsp Soy Sauce, 1 tsp Vinegar, pinch of Salt. Toss quickly. Do not overcook.

सॉस: सोया सॉस, सिरका और नमक डालकर मिलाएं।

5. Assembly / असेंबली

1. Layer: Rice at bottom.

2. **Sides:** Veggies and Shrimp mix.
3. **Garnish:** Fresh Cilantro.