

C02-B Chinese Bowl: Chilly Chicken & Noodles

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

1. Ingredient Scaling / सामग्री माप

Ingredient	1 Portion	2 Portions	4 Portions
Chicken	100g	200g	400g
Noodles (Raw)	60-70g	120-140g	240-280g
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 immediately with 1 tsp Garlic Oil, 1/2 tsp Soy Sauce, and Salt/Pepper.

सीजनिंग: नूडल्स उबालें और छान लें। तुरंत गार्लिक ऑयल, सोया सॉस, नमक और 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: Noodles at bottom.
2. Sides: Seasoned Veggies on one side. Chilly Chicken with Onion/Capsicum on other.
3. Garnish: Fresh Cilantro.