

C02-B Chinese Bowl: Orange Paneer & Rice

Variant: Orange Paneer | Rice 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

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: 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 / असेंबली

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