

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 / सब्जियाँ

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 / ਅਸੰਬਲੀ

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