In **Angular**, the combination of **square brackets ([]) and parentheses (())** in **[(ngModel)]** is called **"banana in a box"** syntax. This syntax represents **two-way data binding** in Angular.

Breakdown:

1. **Square Brackets []**:
   - Represent **property binding**.
   - They bind the property of a DOM element to a field in the component.
2. **Parentheses ()**:
   - Represent **event binding**.
   - They listen for events and trigger an action in the component when the event occurs.

Combining Both [(ngModel)]:

- Combines **property binding** and **event binding** into one directive for two-way data binding.
- It binds a property (e.g., the value of an input) to the component and listens for changes to update the property automatically.

The **"banana in a box"** nickname comes from the resemblance to a banana (parentheses) inside a box (square brackets).