

The Venue:

I could see a well-lit, modern facility with a shiny clean look to it. The front desk had a curving front and a straight cut across on the other side. The menu was displayed in big writing at the top of the venue and is easy to read. The name is Chinta Ria Soul. The array of lights shone down from the overhang. The overhang was aligned with a wooden beam. Its location was at the front entrance to

the Emporium and its shape and well-designed look invites you in to take a look. It has an open view of the chefs cooking and the skill and control they have is impressive as well as the speed in which they make the food.

The menu has a range of Asian dishes and on a chalk board to the side of the venue was a list of the specials.

There was not much noise while I was waiting aside the quiet background music and the voices of everyday people. It was a relatively quiet place and quite a relaxing experience on my part. I could also hear the crackling and pops of the noodles and rice being fried.



The food, Classic Bowl of Fried Rice with Prawns and Chicken, was served in a black, plastic bowl and the option of a spoon, fork, or traditional chop stick to eat with. The rice is in a mountain shape sprinkle with eggs, spring onions and slices of chicken on top. The food was served quickly. It took about 6 minutes, and I had a hot meal ready to eat. The total cost was \$13.50. There were lots of seats with the option of a chair or a couch like seat running along the edge of the dining area.

The food was cooked in a wok starting with the meat and spring onions being cooked with oil. Then when the rice was cooked, they put in with the cooked/cooking vegetables and the flavours be absorbed by the rice. They cooked the chicken for a much longer time than all the other ingredients although that made it a bit dry, and some parts were rock hard and burnt. I doubt the prawn were cooked for as long because you want to keep their soft texture although I think these prawns could have been cooked for longer because they were a bit pale.

What they could have done is added broccoli, cabbage, celery, carrot, mushrooms, beans, or pumpkin, all vegetables that will go with fried rice and that will help give it the nutrients and dietary fibre that you need in everyday life.

The Meal:

I could smell the food as it was cooking although when I sat down with it the smell was rather subtle. The Emporium smelled slightly of food but otherwise the air was fresh and clean. The food looked crisp and delicate. The rice looked moist and almost bouncy, the egg spongy and soft. The chicken looked thin and well-cooked and the prawn soft and smooth. My spoon slid into the rice easily and the different components of the food were spread evenly throughout it. Overall a decent presentation although still looks quite bland and colourless.

The spoon is smooth not sticky and no holdable menu which is good because it means less waste. The seats are soft and comfy, and I instantly feel relaxed when I sit down.

The texture of the rice is soft and squishy, slightly chewy, and not at all watery which is good, although the egg was slightly wet and off putting so something to improve would be cook the egg

more. The egg was also quite spongy and cut into thin slices so easy to digest. The prawn and spring onion gave the dish a pop of colour which was pleasing to the eye although the spring onion didn't offer much taste-wise. The prawn although was sweet and its texture was almost crunchy when chewing but smooth and soft when not. The chicken was very crispy on the outside, but the inside was all tendons. It was very chewy and not exactly edible.

I think the diversity in this meal was great, it has the fish component, which is good for your brain, the meat which is a good protein source, the egg which is rich in vitamins and minerals, and the rice, which has fibre and brings together the meal. The spring onion was small in quantity therefore didn't have an effect in the meal.



When I bit into the food the first thing I noticed was the lack of flavour but as all the ingredients come together it tastes quite nice. The egg and chicken give it that savoury touch while the prawn gives a sweet but subtle implement. The meal was more savory than sweet, but the gentle bursts of flavour are very nice, I think that's one of my favourite things about this meal. The food was warm almost hot, and it stayed that way the whole hour I was there which is great. There weren't any spices, so the taste was a little bland. The mouth feel was nice, the rice was smooth, silky, and moist. The chicken was hard, chewy, and rough. The prawn was soft, smooth, and uneven. The egg was soft, but it had this texture that was just off putting.

Things to improve:

Think the meal could've had more vegetables because a meal should be half vegetables and half grains and protein. Also, the chicken was all tendons, therefore hard and displeasing. It was almost impossible to chew and there was barley any meat. The prawn still had the tail shells on most of them and they are hard and not nice to eat.

I also think that vegetables like Bok-Choy could add crunchy, delicious aspect while also being healthy.

Also, the venue could've had some more seating besides the 3 chairs in the corner so people can wait near for their order to finish. Although their speedy cooking makes up for it.