



Lal Bahadur Neupane

Nationality: Nepalese **Date of birth:**02/07/2000 **Gender:** Male

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Home: Bishalchowk, Bharatpur-25, Chitwan, Bagmati Province (Nepal)

ABOUT ME

I am a dedicated and hardworking Commis Chef with 2 years of professional kitchen experience, along with 1 year and 6 months as an Assistant Cook. I have strong knowledge of food preparation, kitchen hygiene, and teamwork in a fast-paced environment. I am skilled in assisting senior chefs, preparing ingredients, maintaining cleanliness, and following food safety standards. I am eager to learn new culinary techniques, adaptable, and committed to delivering high-quality food and excellent kitchen support.

EXPERIENCE

Assistant Cook

Qatar Airways SSP LLC, [18th March 2024 to 30th August 2025]

City: Hamad International Airport | **Country:** Qatar

- Properly cleaning and sanitizing all food preparation areas according to established standards of hygiene.
- Washing and appropriately storing all cooking appliances, instruments, utensils, cutting boards, and dishes.
- Assisting the Cook with the preparation of meal ingredients, which includes washing, cleaning, peeling, cutting, and chopping fruit, vegetables, poultry, and meat.
- Sweeping and mopping the kitchen floors as well as wiping down kitchen walls.
- Assisting with the unloading of delivered food supplies.
- Organizing and correctly storing food supplies.
- Promptly transferring meal ingredients from storage areas to the kitchen as per the Cook's instructions.

Commi Chef [26th November 2021 to 26th November 2023]

City: Riyadh | **Country:** Kingdom of Saudi Arabia

- Accurately measuring meal ingredients for the Chef de Partie.
- Preparing meal ingredients, which includes seasoning of different meats as well as washing, peeling, and chopping vegetables and fruits.
- Preparing basic salads and sauces as directed by the Chef de Partie.
- Receiving deliveries and verifying that all ordered items have been delivered and are of good quality.
- Taking inventory of restaurant supplies and notifying the supervisor of low or depleted supplies.
- Discarding all expired and spoiled food items stored in the stock rooms, refrigerators, and freezers.
- Performing basic cleaning duties and ensuring that workstations are properly sanitized.
- Plating and presenting meal items as per the Chef de Partie's instructions.

EDUCATION AND TRAINING

+2 (Intermediate) Passed (2018-2020A.D.)

Annapurna Secondary School

City: Bharatpur-21, Chitwan | **Country:** Nepal

NEB Board of Nepal

ADDITIONAL DETAILS

LANGUAGE SKILLS

Mother tongue(s): Nepali

Other language(s):

English

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Hindi

LISTENING B2 READING B2 WRITING B1

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

Passport Details

Passport No : 12170023

Date of Issue : 18 March 2021 A.D.

Date of Expiry : 17 March 2031 A.D.

Place of Issue : MOFA Department of Passport Chitwan

Family Details

Father's Name : Tilak Bahadur Neupane

Mother's Name : Masali Neupane

Marital Status : Unmarried

Nationality : Nepali

Hobby

Playing Chess, Playing Football, Listening songs etc.

I declare that the information provides above the true and correct to the best of my knowledge and belief