Korean BBQ Chicken Bowl

A gochujang glaze with rice, cucumber, cabbage and carrots.



SERVES

4

PREP

20 min + 20 min marinating

COOK / ASSEMBLY

20 min

Ingredients

- 1 1/2 lb boneless skinless chicken thighs
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 1 tbsp gochujang
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 3 garlic cloves, minced
- 2 tsp grated ginger
- 1 tbsp neutral oil
- 3 cups cooked rice
- 1 English cucumber, sliced
- 2 cups shredded red cabbage
- 1 cup shredded carrots
- Sesame seeds and sliced green onion, optional

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How to Make It

1. Whisk soy sauce, sugar, gochujang, vinegar, sesame oil, garlic and ginger. Reserve 2 tbsp in a clean bowl before adding raw chicken.

2. Coat chicken in the remaining marinade. Refrigerate 20-30 minutes. Discard this used marinade.

3. Heat neutral oil in a skillet over medium heat. Cook chicken 6-8 minutes per side, lowering heat if the glaze darkens, until 165 F. Rest 5 minutes and slice.

4. Divide rice, cucumber, cabbage and carrots among bowls. Add chicken, drizzle with reserved clean sauce, and finish with optional sesame and green onion.

Jane's Note

Gochujang brings heat as well as sweetness. Keep the reserved serving sauce separate from the raw chicken.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.