

Sheet Pan Korean Chicken Bowls

#cooking/recipe

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#cooking/dinner

Sheet Pan Korean Chicken Bowl with Sweet Potatoes and Yum Yum Sauce. - Half Baked Harvest

Ingredients

2 medium sweet potatoes, cut into 1 inch cubes
3 tablespoon toasted sesame or extra virgin olive oil
1/4 cup low sodium soy sauce
3-4 tablespoons Gochujang (Korean chili paste)
2 tablespoons honey
1 inch fresh ginger, grated
2 cloves garlic, grated
2 tablespoons toasted sesame seeds
2 pounds boneless chicken breasts, cut into 2 inch cubes
kosher salt and black pepper
1/4 cup plain Greek yogurt, sour cream, or olive oil mayo
2-3 cups kale, roughly torn
juice from 1 lime
1/4 cup fresh cilantro, roughly chopped
3 cups steamed white or brown rice
kimichi, avocado, shredded carrots, green onions, sliced cucumbers, and radishes, for serving

Process

Preheat the oven to 425 degrees F. On a rimmed baking sheet, toss the sweet potatoes with 1 tablespoon oil, salt, and pepper. Transfer to the oven and roast for 20 minutes.

To make the Gochujang sauce. In a glass jar, combine the soy sauce, Gochujang, honey, ginger, garlic, 1 tablespoon oil, and the sesame seeds.

Add the chicken to a bowl and toss with half of the Gochujang sauce. Remove the potatoes from the oven and slide them to 1 side of the pan. Add the chicken and any sauce left in the bowl to the other side. Return to the oven and continue roasting another 15 minutes, until the chicken is cooked through. During the last 2-3 minutes of cooking,

switch the oven to broil and broil until the chicken chars on the edges and the sauce sticks to the chicken. Watch closely, the broiler can burn food fast.

Meanwhile, combine 2-3 tablespoons of the remaining Gochujang sauce with the yogurt. Season with salt. This is the "yum yum" sauce. Reserve any remaining Gochujang sauce for serving.

In a bowl, toss the kale with 1 tablespoon oil, the lime juice, and a pinch of salt. Toss in the cilantro.

To serve, divide the rice between bowls. Top with chicken, potatoes, kale, and avocado. Add additional toppings as desired. Serve drizzled with the "Yum Yum" sauce.

TO MEAL PREP

Prepare as directed above through step 5.

Divide the rice among 4-6 storage containers and arrange the chicken, sweet potatoes, and kale on top. Add desired toppings. Store the "Yum Yum sauce" and avocado separately and add just before serving.

Alternately, you can store the rice, chicken, and veggies in separate containers and assemble when ready. Food will keep in the fridge for up to 4-5 days.

Before serving, warm each bowl, if desired, and top with "Yum Yum sauce and avocado.

Nutrition

Servings: 6

Calories:

Fat:

Carbs:

Protein: