

Chicken Bulgogi Rice Bowl

This Chicken Bulgogi Rice Bowl is a Korean barbecue recipe made of thinly sliced chicken marinated in a flavourful bulgogi sauce. Served with steamed rice and stir-fry vegetables. It's so quick and easy to make! Perfect dinner recipe for a busy weeknight!



☆☆☆☆☆

5 from 2 votes

Prep Time

10 mins

Cook Time

10 mins

marinate

30 mins

Total Time

50 mins

Course: Main Cuisine: Korean

Keyword: Bbq bulgogi, bulgogi recipe, Chicken Bulgogi Servings: 2

Calories: 596kcal Author: Maricel


Equipment

- Wok

Ingredients

- 250 g chicken thighs boneless/skinless or chicken breast
- 1 tbsp vegetable oil
- 1 tsp sesame seeds $\frac{1}{2}$ tsp for garnish
- 1 to 2 cups rice cooked steamed

Bulgogi marinade

- 1 tbsp soy sauce low sodium
- 1 tbsp brown sugar or honey
- 1 tsp Gochujang Korean red pepper paste, more or less depending on your heat level.
- $\frac{1}{2}$ tsp rice vinegar
- $\frac{1}{2}$ tsp tahini or ground sesame seeds
- $\frac{1}{2}$ tsp sesame oil
- 1 tsp ginger grated 
- 1 clove garlic minced

Stir-fry Bean sprouts

- 1 tbsp vegetable oil
- $\frac{1}{2}$ onion sliced
- 50 g cabbage thinly sliced
- 50 g carrot julienned
- 100 g bean sprouts
- 1 stalk green onion chopped for garnish
- Salt and pepper to taste

Instructions

1. In a small bowl, mix all the bulgogi marinade ingredients. Add the chicken and marinate for at least 30 minutes or overnight.
2. In a hot wok, add the vegetable oil and saute the onion for a minute. Add the rest of the vegetables and stir-fry for a minute or two. Season with salt and pepper, or add stir-fry sauce. Add on top of a rice bowl.
3. Cook the marinated chicken in a hot wok with vegetable oil for about 5 minutes. If desired, add more sesame seeds.
4. Add the cooked chicken to the rice bowl with the stir-fry vegetables. Garnish with chopped green onion and sesame seeds.

Notes

If you are short of time it can be marinated in just 15 minutes if cooked in a skillet. The thinly sliced chicken will absorb and be coated with the marinade as it cooks.

For the best flavourful result, make ahead and marinate overnight and you can make this dinner in under 30 minutes!

The marinated and cooked chicken bulgogi freezes well. Freeze for up to 4 months in a sealed container.

Nutrition

Calories: 596kcal | Carbohydrates: 41g | Protein: 26g | Fat: 37g | Saturated Fat: 17g | Trans Fat: 1g | Cholesterol: 123mg | Sodium: 394mg | Potassium: 590mg | Fiber: 3g | Sugar: 12g | Vitamin A: 4375IU | Vitamin C: 21mg | Calcium: 75mg | Iron: 2mg