

Chicken Bulgogi (Korean BBQ Chicken) ★★★★★

Chicken bulgogi is a simple and fast Korean BBQ chicken dish made with gochujang. You can grill, broil, or pan-fry this slightly sweet and savory chicken.

Course Main Course **Cuisine** Korean **Diet** Low Lactose



Keyword broil, chicken bulgogi, chicken thigh, dak-bulgogi, gochujang, gochujang chicken, grill, korean chicken bbq, Korean chili paste, korean spicy chicken bbq, Korean spicy chicken nuggets, pan-fry

Prep Time 10 mins **Cook Time** 10 mins **resting time** 10 mins **Servings** 3 **Calories** 633

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Equipment

- cooling rack

Ingredients

- 6 chicken thighs boneless & skinless
- 3 tbsp Korean chili paste (gochujang)
- 1 tbsp Korean chili flakes (gochugaru) optional
- 1 tbsp soy sauce
- 1-2 tbsp light brown sugar
- 1 tbsp minced garlic
- 1 tsp ginger paste
- 1 tbsp Korean corn syrup (mulyeot)
- 1 tbsp sweet rice wine (mirim) optional
- 1 tbsp sesame oil
- 1/2 tsp black pepper
- 5-6 Korean perilla leaves (kkatnip) thinly sliced, to garnish, optional
- 1 tbsp toasted sesame seeds to garnish

Instructions

1. Out a piece of plastic wrap over chicken thighs and pound with a meat hammer to stretch and tenderize; set aside.
2. In a large mixing bowl, mix together gochujang, gochugaru (if using), soy sauce, brown sugar, garlic, ginger, corn syrup, rice wine, sesame oil, and pepper. Add the chicken thighs and toss together to coat evenly. Let the chicken rest on a room temperature for 10 minutes.
3. Preheat the oven to broil; place an oven shelving to 5-6 inch below the heat source. Grease a cooling rack with a spray oil and place on top of a large baking pan (half sheet size) lined with foil.
4. Spread the chicken pieces on the rack without overlapping. Broil 4-5 minute or until the surface is slightly charred. Turn the chicken to the other side and broil for another 4-5 minutes or until the chicken is fully cooked. Keep an eye on the chicken so that you don't char them too much.
5. Cut the chicken thighs into a bite size chunks and place in a serving dish. Garnish with thinly sliced perilla

leaves and toasted sesame seeds. Serve hot with rice.

Nutrition

Calories: 633kcal | Carbohydrates: 21g | Protein: 39g | Fat: 44g | Saturated Fat: 11g | Polyunsaturated Fat: 11g | Monounsaturated Fat: 18g | Trans Fat: 1g | Cholesterol: 221mg | Sodium: 607mg | Potassium: 630mg | Fiber: 2g | Sugar: 13g | Vitamin A: 1001IU | Vitamin C: 4mg | Calcium: 72mg | Iron: 3mg