

Garlic Soy Chicken Rice Bowls

with Chili Sesame Sauce



Ingredients:

For the Chicken:

1 lb boneless, skinless chicken thighs (450 g)
4 cloves garlic, minced
¼ cup soy sauce
2 Tbsp honey
1 Tbsp rice vinegar
1 Tbsp sesame oil
1 tsp grated ginger
Salt and pepper, to taste

For the Rice:

2 cups cooked jasmine rice
1 Tbsp sesame oil
¼ cup green onions, chopped
¼ cup cilantro, chopped

For the Chili Sesame Sauce:

2 Tbsp sesame oil
1 Tbsp soy sauce
1 Tbsp chili paste (adjust to taste)
1 tsp honey
1 tsp rice vinegar
1 tsp toasted sesame seeds

Toppings: Sliced cucumbers, chopped green onions, Chili flakes (optional)

Instructions:

Marinate the Chicken – In a bowl, whisk garlic, soy sauce, honey, rice vinegar, sesame oil, ginger, salt, and pepper. Add chicken thighs and coat thoroughly. Marinate in the fridge for 30 minutes or up to 2 hours.

Cook the Chicken – Heat a grill or skillet over medium-high. Remove chicken from marinade, cook 6–7 minutes per side until internal temperature reaches 165 °F (75 °C). Rest briefly before slicing.

Prepare the Rice – Combine warm jasmine rice with sesame oil, green onions, and cilantro in a bowl. Mix well.

Make the Chili Sesame Sauce – Whisk sesame oil, soy sauce, chili paste, honey, rice vinegar, and sesame seeds in a small bowl. Adjust spice as desired.

Assemble the Bowls – Divide rice among serving bowls. Top with sliced chicken and cucumber slices. Drizzle with chili sesame sauce. Garnish with green onions and chili flakes if using.

