



# Korean BBQ

or Sriracha marinated chicken thigh rice bowl



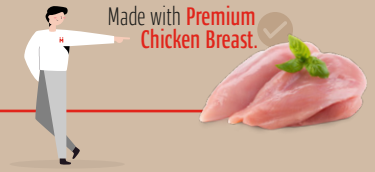
# Korean BBQ

or Sriracha marinated chicken thigh **rice bowl**

Experience the perfect blend of flavors. Succulent chicken thighs, cooked to perfection, served on a bed of vegetable-infused rice, topped with condiments like Asian dressing and scallions. A mouthwatering delight that will transport your taste buds to new heights.



# Korean BBQ or Sriracha marinated chicken thigh rice bowl



## Steps to get started.

### Step 1:

#### Ingredients:

- 1 package of Korean BBQ or Sriracha marinated chicken thigh.
- 1 cup of cooked rice. Follow rice cooking instructions on box/bag of rice.
- 2 Tbsp. diced carrots.
- 2 Tbsp. diced celery.
- 2 Tbsp. diced onions.
- ½ Tsp chopped garlic.
- ½ cup of favorite fully cooked and drained chickpea.
- ½ cup of chopped cilantro
- ½ cup of favorite oil or butter
- Juice from 1 lime

### Step 2:

#### Cooking chicken thighs

1. On medium high heat, heat an 8-to-12-inch skillet. Once skillet is hot, add ¼ cup of oil. Carefully, using tongs place thighs in hot skillet. Allow the skillet to lay flat on the burner and sear thighs for one to 2 minutes, then flip and sear the other side for about 1-2 minutes or until golden brown.
2. Place seared thighs into a 9" -12" oven-ware dish and cover. Reserve skillet for step 3. Place lid onto ovenware and bake for 15-20 minutes, or until an internal thigh-meat has reached temperature of 165°. Let rest 10 minutes before dicing thighs or serve thighs whole.

### Step 3:

#### Method

1. Add ¼ cup of oil or butter in used skillet and place on range-top on medium-high heat.
2. Add garlic and sauté for 1 minute.
3. Add carrots, onions, and celery, sauté for 1 minute.
4. Cover and resume cooking on low heat for 7-8 minutes, or until vegetables are at desired texture.
5. Add chickpeas to skillet and stir in.
6. Add 2 cups of precooked rice.
7. Add lime juice and mix.

### Step 4:

#### Dish construction

- Remove thigh meat from earthenware dish and then place vegetable-rice mixture into bowls or dish. Place chicken thighs on top of vegetable-rice mixture.

#### Serving condiments:

- Vinegar based Asian dressing.
- Soy Sauce.
- Sirach sauce.
- Sliced green scallions.



# Korean BBQ or Sriracha marinated chicken thigh rice bowl



## Cooking options.

### Baking: Option 1

1. Preheat to 325°
2. Place whole thighs into a 9" to 12" round earthenware dish which has been lightly coated with oil.
3. Cover with lid, and bake for 20 – 35 min, or until a temperature of 165° is reached. Let rest 10 minutes before serving.

### Baking: Option 2

1. Preheat to 325°
2. On medium high heat, heat an 8-to-12-inch skillet. Once skillet is hot, add 1/4 cup of oil. Carefully, using tongs gently place thighs in hot oil.
3. Allow the skillet to lay flat on the burner and sear thighs for one to 2 minutes, then flip and sear another 1-2 minutes or until golden brown.
4. Place Seared thighs into a 9" -12" round earthenware dish. Cover with lid and bake for 15-20 minutes, or until a temperature of 165° is reached. Let rest 10 minutes before serving.

### Grilling Option:

1. Heat grill on high setting. Before placing thighs turn grill turn grill heat settings to medium.
2. Remove thighs and place on preheated grill. Cook for 4 minutes and then flip thighs and cook another four minutes.
3. Check the internal temperature to ensure they are 169°. Hint: If thighs need to grill longer to reach 169°, set them on the coolest part of the grill. Once the temperature has been reached, allow cooked thighs to rest for 10 minutes.
4. Check temperature until 169° has been reached.

### Sauté Option:

1. Carefully, using tongs place the thighs in hot skillet on medium high heat, heat 8-to-12-inch sauté skillet.
2. Once skillet hot add 1/2 cup of oil. Tilt the skillet to allow the oil to pool towards the front corner of lip, away from the skillet handle.
3. Carefully, using tongs place the thighs in hot skillet. Allow the skillet to lay flat on the burner and sear/cook thighs for 4 minutes.
4. With tongs gently turn the thigh and cook another minute. Ensure an internal temperature of 169° is reached



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