

Gochujang Honey Chicken Bowl

Servings: 1–2 **Prep Time:** 5 minutes **Cook Time:** 10 minutes **Total Time:** 15 minutes

This gochujang honey chicken bowl is a fast, flavor-packed meal that balances sweet heat with savory umami. Juicy chicken gets coated in a glossy gochujang-honey sauce that caramelizes beautifully in the pan, then gets served over warm rice with crisp cucumber for contrast.

It's the kind of easy bowl you can throw together on a busy day — but it tastes like something you'd order from a Korean-inspired restaurant.

Why You'll Love This Recipe

- Ready in just 15 minutes from start to finish
- Sweet + spicy balance that's bold but not overpowering
- Perfect single-serving meal (easy to scale up)
- Customizable heat level
- Great for weeknight dinners or quick lunches

Ingredients

- 1 chicken thigh, cubed (or breast if preferred)
- 1 Tbsp gochujang
- 1 Tbsp honey
- 1 Tbsp soy sauce
- 1 cup cooked rice
- ½ cucumber, thinly sliced
- Optional toppings: sesame seeds, green onions

Ingredient Notes & Substitutions

Chicken thigh: Stays juicy and caramelizes well. Chicken breast works, but watch closely to avoid overcooking.

Gochujang: Korean fermented chili paste adding depth, mild heat, and umami. Heat levels vary by brand.

Honey: Balances spice and creates a sticky glaze.

Soy sauce: Adds salt and savory flavor. Use low-sodium if preferred.

Rice: White, jasmine, or brown rice all work well.

Instructions

- Step 1: Prepare the sauce (1 minute)**
Mix gochujang, honey, and soy sauce until smooth.
- Step 2: Coat the chicken (1–2 minutes)**
Add cubed chicken to the sauce and toss until evenly coated.
- Step 3: Cook the chicken (6–8 minutes)**
Heat a skillet over medium-high heat with a little oil if needed. Add chicken in a single layer and cook until fully cooked, sticky, and caramelized at the edges. Lower heat if sauce darkens too quickly.

4 **Step 4: Build the bowl (1–2 minutes)**

Add warm rice to a bowl. Add sliced cucumber on the side and top with the gochujang honey chicken.

5 **Step 5: Garnish and serve**

Finish with sesame seeds or green onions if desired. Serve hot.

Tips for Best Results

- Cut chicken into evenly sized pieces for even cooking
- If sauce thickens too fast, add 1–2 teaspoons of water to loosen it
- Taste before serving and adjust sweetness or spice as needed

Storage & Make-Ahead

Refrigerator: Store leftovers in an airtight container for up to 3 days.

Reheat: Warm gently in a pan or microwave until heated through.

Meal prep: Store chicken separately from rice for best texture.

Easy Variations

- Extra spicy: Add ½ tsp chili flakes or a dash of chili oil
- Protein swap: Use shrimp (cook 2–3 minutes per side) or tofu
- Veggie boost: Add sautéed bell peppers, carrots, or spinach
- Low-carb: Serve over cauliflower rice or lettuce