



# KOREAN GOCHUJANG CHICKEN

A Savory, Spicy and Sweet Marinated Chicken, INSPIRED BY Korean 'Gochujang' Sticky Chicken

Let's branch out a little bit and explore some new regions of Asia by diving into a few Korean dishes. My recipe for 'Korean Gochujang Chicken' is inspired by a REAL Korean recipe, but it's WW-ified with creative ingredient swaps, to keep the dish as low in calories as possible. If you are Korean and you want to wave your fists in the air about how untraditional my version is... you're in good company. Have you seen what I did to my Latino amigos, with my Mexican Brown Mole' sauce? It may not be how your *Halmeoni* makes it... but your grandma wasn't as concerned about your waistline as I am.

## Servings Info.:

Yields: 2-1/2 pounds  
 Servings: 5  
 Serving Size: 1/2 lb.



- last checked 11/23/22 -  
 Use your mobile device's 'Camera' App to look at this code for nutritional info.

## Ingredients:

### Chicken:

- 2-1/2 pounds boneless skinless chicken breasts, sliced across into thin 'filets'. We're going for B cup chicken breasts, not DD's.
- 3/4 tsp baking soda, stirred into 2 Tbsp water

### Marinade:

- 1/2 cup low sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 1 tsp sesame oil
- 3 Tbsp rice vinegar
- 1 Tbsp white wine
- 1 Tbsp minced ginger
- 5 medium garlic cloves, minced
- 2 to 3 Tbsp Asian chili sauce (or more, to taste 🌶️)
- 1 Tbsp 'gochujang' fermented red bean paste (see pg. 11)
- 1-1/2 tsp miso paste (optional)
- 2 tsp paprika, stirred, till dissolved into the marinade

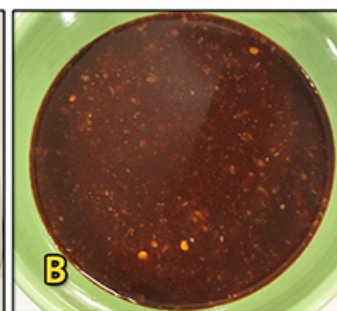
### Reserved Glaze Ingredients: (see steps 1B & 4A)

- 1/4 cup water
- 3 Tbsp 0 calorie brown sugar replacement
- 3 to 4 Tbsp sugar free syrup (pancake syrup), to taste
- 1-1/2 tsp cornstarch, dissolved into 1 Tbsp water

### Additional Ingredients:

- 1 tsp sesame seeds for garnish
- green onions, thin sliced on a bias, for garnish (optional)

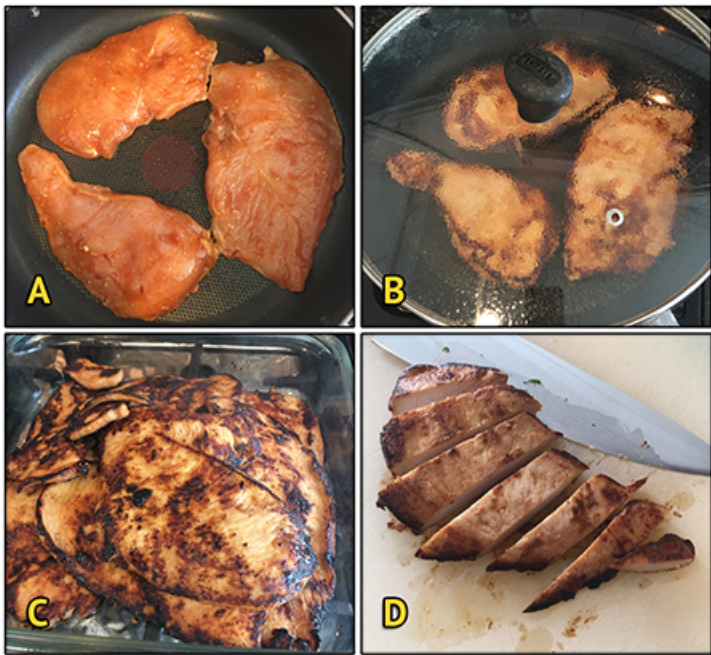
## Directions:



1. **(A)** Mix together the thin sliced chicken and baking soda solution till coated. Cover, set aside 30 minutes. **(B)** In a bowl, mix the Marinade ingredients. Pour 1/2 cup of the sauce into a container, then store in the fridge. THAT is going to be your glaze. The remaining liquid is your marinade, which will be used in step 2B.



2. **(A)** Carefully rinse off the chicken breasts, then pat dry with paper towels. **(B)** Place the chicken breasts into a large mixing bowl, or casserole dish, then pour the marinade over the chicken. Mix well, till the chicken is nicely coated. Cover, then store overnight in the fridge. The longer it marinates, the better.



3. **(A)** The following day, preheat a LARGE pan over HIGH heat for 1 minute. Spray with cooking spray, then quickly add a few of the chicken breasts. Do NOT overcrowd the pan, cook in batches. DO NOT move the chicken! Let it sear, unmoved, for 3 minutes... no touching! **(B)** Flip the chicken, cover with a lid, reduce heat to medium-high, then cook for 2 more minutes. **(C)** Place cooked chicken into a bowl or platter. Repeat process till all the chicken is cooked. Let rest for 15 minutes. **(D)** After 15 minutes, slice the cooked chicken breasts into thick strips, roughly 3/4" to 1". Set aside.



4. **(A)** Add the reserved liquid (Step 1B) and the "reserved glaze" ingredients to a small pot. Bring to a boil for 4-5 minutes, till thick. **(B)** Meanwhile, add the sliced chicken to a hot pan for 1-2 minutes, over medium heat. **(C)** Pour in the hot glaze and continue cooking. **(D)** Cook until the sauce has thickened and coated the chicken in a thick, sticky glaze. Garnish with sesame seeds and sliced green onion.

#### NOTES & SUGGESTIONS:

- **HOW IS THIS KOREAN, DANIEL!?!:** The traditional recipe for Korean spicy 'sticky' chicken calls for using "Gochujang" hot pepper paste. It's similar to regular Asian Chili Sauce, but it also has some miso and sweetness to it. Another big difference... it is VERY HIGH IN POINTS. This recipe makes a 0 point substitute by using regular asian chili sauce, adding a little bit of miso paste, plus sweetener. We just saved 5 points, by making our own.
- **WHITE WINE?:** The regular recipes call for rice wine. I'm using a 0 point amount of white wine, plus rice vinegar, as a 0 point ingredient substitution.
- **PAPRIKA!?!?!:** This dish traditionally gets its deep red color from copius amounts of red chili sauce. My recipe is milder. We're getting the dark red color from adding paprika into the sauce. You can also add more chili sauce if you want.
- **SUGAR FREE SYRUP:** The only thing in the world that has more points than Lard (joking), is Honey. I'm substituting syrup for honey. It's thick, it's sweet, it serves the same purpose.
- **ASIAN RED PEPPER PASTE:** Can be found in the Asian Food aisle of most major chain grocery stores. It might also be found as 'Gochujang' red pepper paste. Different brands of have varying point values. I used 1 Tbsp, which is only 1 point. For more info., read the description on pg. 11.
- **COOKING METHOD:** You can also cook the chicken on the grill, skipping steps 3A&3B. But, you'll still need to glaze it in a pan.

