



Huli Huli Chicken

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Ingredients:

- 2 teaspoons sesame oil
- 1 teaspoon grated fresh ginger
- 2 large garlic cloves, minced
- ⅓ cup low-sodium soy sauce or tamari
- 1 tablespoon rice vinegar
- ¼ cup brown sugar
- ¼ cup ketchup
- ½ teaspoon smoked paprika
- 1 tablespoon cornstarch
- 2 pounds boneless, skinless chicken thighs
- Vegetable oil, for grill grates or pan

Directions:

1. Prepare the Marinade:

In a small bowl, whisk together sesame oil, grated ginger, minced garlic, soy sauce (or tamari), rice vinegar, brown sugar, ketchup, smoked paprika, and cornstarch. Stir until the sugar is dissolved and the cornstarch is fully incorporated.

2. Marinate the Chicken:

Place the chicken thighs in a large zip-top bag or shallow dish. Pour the marinade over the chicken, making sure it's evenly coated. Seal the bag or cover the dish and refrigerate for at least 1 hour, or overnight for deeper flavor.

3. Preheat the Grill or Pan:

Preheat the grill or a skillet over medium heat. Lightly oil the grates or pan with vegetable oil to prevent sticking.

4. Cook the Chicken:

Remove the chicken from the marinade and cook on the grill or in the skillet. Grill the chicken for 5-7 minutes on each side, or until the internal temperature reaches 165°F (75°C) and the chicken is cooked through.

5. Serve:

Once the chicken is cooked, remove it from the grill or pan and let it rest for a few minutes before slicing. Serve with your favorite sides and enjoy!