

## Spicy Honey-Ginger Chicken Bowls with Yum Yum Sauce

1 1/2 pounds boneless, skinless chicken breasts or thighs



**OVEN**  
**425°F**

**TIME**  
**30 min**

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### INGREDIENTS

For the chicken:

1 1/2 pounds boneless, skinless chicken breasts or thighs

1 tablespoon plus 1/3 cup tamari or soy sauce, divided

2 tablespoons extra virgin olive oil

Black pepper, to taste

2 tablespoons orange juice

1/4 cup honey

2 to 3 tablespoons chili paste

1 tablespoon fresh ginger, chopped

2 cloves garlic, chopped

For serving:

3 to 4 cups cooked rice

Sliced cucumber

Sliced avocado

Kimchi

Fried wontons

For the yum yum sauce:

1/3 cup olive oil mayo

2 tablespoons ketchup

1 tablespoon Worcestershire sauce

1 teaspoon seasoned salt

1/4 teaspoon cayenne pepper

### DIRECTIONS

1. Prep the chicken: Preheat your oven to 425°F.
2. On a large baking sheet, toss the chicken with 1 tablespoon tamari and 1 tablespoon orange juice. Season with black pepper.
3. Sprinkle lightly with cornstarch or arrowroot powder if using, then toss again. Drizzle with olive oil.
4. Bake the chicken: Bake the chicken for 30 minutes.
5. Make the sauce: While the chicken bakes, whisk together the remaining 1/3 cup tamari, the remaining orange juice, honey, chili paste, chopped garlic, and chopped ginger.
6. Glaze and finish: After the chicken has baked for 30 minutes, pour about two-thirds of the sauce over the chicken and toss to coat.
7. Return it to the oven for another 10 minutes, or until the chicken is cooked through.
8. Switch the oven to broil for the final 1 to 2 minutes to char the edges slightly. Drizzle with the remaining sauce if desired.
9. Make the yum yum sauce: In a small bowl, stir together the mayo, ketchup, Worcestershire sauce, seasoned salt, and cayenne pepper until smooth.
10. Taste and adjust if you want more salt or heat.
11. Assemble the bowls: Spoon cooked rice into bowls.
12. Top with the sliced chicken, cucumber, avocado, kimchi, and fried wontons.
13. Finish with generous spoonfuls of yum yum sauce.

## SWAPS & NOTES

Chicken thighs will stay a little juicier, while chicken breasts are leaner and slice beautifully for bowls.

Tamari is a great choice if you want a gluten-free option, while soy sauce gives the same savory base if that is what you have on hand.

The chili paste amount can be adjusted depending on how spicy you want the final dish.

Start with less if you prefer a milder bowl and build from there.

## TIPS FOR SUCCESS

Use a large baking sheet so the chicken has room to roast instead of steam.

Broiling at the end makes a big difference.

That quick blast of heat helps caramelize the honey-ginger sauce and gives the chicken extra flavor.

Keep the fresh toppings cold until serving.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/spicy-honey-ginger-chicken-bowls-with-yum-yum-sauce/>