

# Marinated Grilled Chicken Thighs on Rice

What you'll need:

- Chicken thighs (skinless, boneless)
- Rice (your choice, I like simple white rice)
- Hoisin sauce (if making your own marinade: brown sugar, soy sauce, mirin or rice vinegar, garlic, hot sauce, cornstarch)
- Green onions

Time: 90 minutes

I'm going to be honest – this meal is basic, but it fucking slaps. If you haven't tried hoisin sauce marinated chicken, get your buns to the grocery store and take a look down the Asian food aisle, you can usually find a few bottles. I don't know how to describe it other than it's a strong sauce that is sweet and salty, with a hint of spicy. If you can't find any or would rather make your own simple marinade, go here: <https://www.lazyhusbandcooking.com/simplemarinade.pdf>

Step 1: Preparing the chicken thighs. Depending on the quality of the meat and where you got it, it might have a lot of fat on it – chicken fat is shitty and needs to be cut off. You'll need to take each thigh out of the package and remove excess fat (don't go nuts though, left over fat is not bad for you, just get any large chunks).

Step 2: Marinade the chicken. Whether you made your own marinade or bought a bottle of hoisin sauce, put the chicken thighs in container and pour about half the marinade in the container. Mix well and let sit for about an hour in the fridge.

Step 3: After an hour, start the rice. If you're making white rice, it's 2 parts water, 1 part dry rice. Typically for two people I will do 2 cups of water and 1 cup of dry

rice. 20 minutes in a pot on low with a lid on the pot – don't remove the lid or stir the rice. After 20 minutes, turn off the stove and let it sit for an additional 10 minutes.

Step 4: Now that the rice has been started, turn on the grill to 375 (190 for our friends from every other corner of the planet). Once it hits 375, I give it a few extra minutes to let the grill rack get hot too – you want it to sizzle when you put the chicken on. Go ahead and evenly place the chicken on the rack. Depending on how much chicken you have (I will normally do a 1.5-2lbs pack), I would say leave the chicken on the rack for about 8-10 minutes. After 8-10 minutes, flip and re-arrange if necessary. After an additional 8-10 minutes on the other side, it should be done. If you want to confirm, use a meat thermometer and make sure the chicken is up to 165f, or cut open a fat piece to make sure there is no pink. Take off the grill and place on a cutting board for 5 minutes.

Step 5: Once the rice is done, take off the lid and give it a good stir. For the chicken, you can serve it up however you want, but I slice it into strips. Fill two bowls with rice, place a couple thickened thighs on-top of the rice and drizzle on the rest of the hoisin sauce (or whatever marinade you are using). Top with chopped green onions if desired. Serve and enjoy.

Step 6: Remember all those dishes that got dirtied in the process? Clean them up.