

Oven-Fried Chicken Salad

By Chef Marvin Woods

Ingredients:

Chicken:

- 1 - 3½-pound whole chicken, boned and cut into 8 parts OR one package boneless chicken thighs
- 1 cup sour pickle juice
- ½ cup buttermilk
- ¼ cup avocado oil
- 1 cup corn starch

Salad:

- 2 cups mixed greens
- 1 cup baby spinach
- ¼ cup shredded carrots
- ½ cup cucumber, diced
- ½ cup fresh tomato, diced
- ½ red onion, thinly sliced
- ½ avocado, cubed

Dressing:

- ½ avocado
- 3 tablespoons extra virgin olive oil
- 2 tablespoons buttermilk
- 1 clove garlic, finely minced
- 1 tablespoon honey
- 4 tablespoons sparkling water
- Salt and pepper to taste

Instructions:

Chicken:

Place chicken, pickle juice and buttermilk in Ziplock bag or plastic container, making sure chicken is fully submerged. Place in refrigerator and marinate for 24 hours.

Remove chicken from marinade and shake off excess liquid. Place chicken on a tray. Season lightly with salt and pepper. Place corn starch in a bowl. Place chicken in the bowl with cornstarch and dredge chicken coating completely. Turn oven on to 350°F.

Place oil in large skillet and bring to 350°F. When oil has reached the required temperature, place a few pieces of chicken in the oil skin side down, leave space between the chicken pieces. Cook for five to seven minutes or until skin is crispy and golden brown.

Turn chicken over and cook for an additional five minutes. Remove the chicken from the skillet and place on a tray. Let oil come back to the require temperature of 350°F and place the other pieces of chicken in the skillet, repeat cooking process.

Dressing:

Place all ingredients into a blender, except the sparkling water, and process until smooth. Check seasoning, add salt and pepper, if needed. Add sparkling water just before serving.

Salad:

Toss mixed greens, spinach and vegetables in a bowl together with some of the salad dressing. Place on plates or bowls and top with chicken.

Serves: 4