

Orange, Ginger & Garlic Chicken with Zingy Coriander Vinaigrette on a Butter Lettuce, Avocado & Orange Salad

**Gather
& Feast**

By [Ashley Alexander](#)

This fresh, vibrant, and flavourful salad hits all the right notes—sweet, savoury, zesty, and a little crunchy. The recipe combines tender, marinated chicken thighs with a crisp and colourful salad. The chicken is infused with a blend of orange zest, ginger, and garlic, giving it a vibrant citrusy note that pairs beautifully with the creamy avocado and juicy orange slices. The zingy coriander vinaigrette adds a burst of green goodness that brings the whole salad together in the most delicious way. Plus, it's quick to whip up, and you can make the elements ahead of time.

SERVES 4 | **PREP TIME** 20 minutes | **COOK TIME** 40-50 minutes | **TOTAL TIME** 1 hour

INGREDIENTS

Orange, ginger & garlic chicken

- 2 tablespoons extra virgin olive oil
- Zest of 2 oranges (reserve the fruit for the salad)
- 1 tablespoon freshly grated ginger
- 3 large garlic cloves, freshly grated or crushed
- 1 kilo skinless, boneless chicken thighs (approx. 7-8 small-sized thighs within the kilo)
- 1/2 teaspoon sea salt
- Freshly cracked black pepper

Coriander vinaigrette

- 1 large bunch fresh coriander (about 1 1/2 cups packed, leaves and stems; reserve a small handful of leaves for the salad)
- 1 clove fresh garlic

- 1/4 cup extra virgin olive oil
- 4 tablespoons red or white wine vinegar
- 1 tablespoon maple syrup or honey
- Salt, to taste

Butter lettuce, avocado & orange salad

- 1 large head butter lettuce (or oakleaf, red leaf, or Boston bib), stalk removed, leaves washed and dried
- 2 oranges, peeled and sliced into 1 cm rounds
- 1 large ripe avocado, sliced into 1 cm slices
- 1/4 red onion, thinly sliced
- A small handful of fresh coriander leaves
- A handful of roasted cashews, roughly chopped

METHOD

Orange, ginger & garlic chicken

1. In a baking tray, combine olive oil, orange zest, grated ginger, and garlic to form a paste.
2. Add the chicken thighs, sprinkle with salt, and coat evenly in the marinade. (You could also marinate overnight or for a few hours in the fridge.)
3. Preheat your oven to 200°C/390°F.
4. Bake for 40 minutes, or 45-50 minutes if the thighs are larger (roughly 4-6 thighs per kilo instead of 7-8).
5. Remove from the oven and let rest for 10-15 minutes before slicing.

Coriander vinaigrette

1. Blend all ingredients in a blender until smooth and vibrant green.
2. Transfer to a bowl or jar and set aside. (Can be made a day ahead and stored in a jar or container in the fridge.)

Butter lettuce, avocado & orange salad

1. Arrange the lettuce, orange slices, avocado, red onion, and coriander leaves on a large serving platter.

To assemble

1. Slice the chicken thighs into thick slices and arrange over the salad.
2. Drizzle over spoonfuls of the vinaigrette, reserving any extra to serve on the side.
3. Scatter the chopped roasted cashews over the top.
4. Finish with a sprinkle of flaky salt and freshly cracked black pepper.

NOTES

Nut-Free Option: For a nut-free version, replace the cashews with toasted pepitas or sunflower seeds, or simply omit them.

Chicken Marinade: You can mix the marinade with the chicken directly in its baking tray the night before or the morning of cooking. Just cover and refrigerate until you're ready to bake.

Leftover Vinaigrette: Any leftover dressing can be stored in a jar or airtight container in the fridge for up to 5 days. It's delicious on eggs, salads, and rice bowls.

Chicken Thigh Size: Cooking time can vary depending on the size of the chicken thighs. If the thighs are larger (4-6 thighs per kilo), you may need to increase the cooking time to 45-50 minutes. Ensure the chicken reaches an internal temperature of 75°C (165°F) for safe consumption.

Coriander Vinaigrette: This vinaigrette can be made a day in advance and stored in the fridge. Just give it a good shake or stir before using to re-emulsify the ingredients.

Salad Customisations: Feel free to swap butter lettuce with any other soft-leaf lettuce like oakleaf or Boston bib. You can also add in more salad greens, like baby spinach or rocket.

Seasoning: If you prefer a bit of heat, add a few thin slices of fresh chili to the salad or sprinkle chili flakes over the chicken.

Serving Suggestions: This dish is great served on its own as a light meal or can be paired with crusty bread, steamed rice or potatoes.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/orange-ginger-garlic-chicken-zingy-coriander-vinaigrette-butter-lettuce-a-vocado-orange-salad>

Let me know if you make the recipe! x **@gatherandfeast**