

# Chicken Finger Sub



## Ingredients

1 Package Sub Rolls

Fresh or Frozen Chicken Tenders

If fresh and making yourself:

1 pound Chicken Tenders

1 ½ cups breadcrumbs

2 eggs

1 cup Flour

Blue Cheese Dressing or Mayo

Lettuce

Tomato

Onion

Sauce if you like (mild, medium, hot, bbq)

Cheese- if you like of your choice

## Utensils

Air Fryer or Oven

Baking Sheet

Bowls

Fork

Knife



# Recipe Instructions

## Step 1: Preheat

Preheat your oven or air fryer to 400 degrees!

## Step 2: Chicken- frozen

If using frozen fingers, cook for 8-10 minutes. If in oven, flip halfway through to cook until golden on both sides.

## Step 3: Chicken- fresh

If making your chicken fingers

Set up 3 bowls as follows in this order:

1. Egg
2. Flour
3. Breadcrumbs

Dip chicken tenders in each bowl, coating and then placing on baking sheet or in air fryer basket.

Cook in oven 10-15 minutes, flipping halfway

## Step 4: Rolls

While chicken is cooking, cut rolls in half, and spread blue cheese or mayo (if you like).

On one side layer, lettuce, tomato, and onion (again if you like)

## Step 5: Toss

Once chicken is done, toss in a bowl with your sauce of choice or leave plain.

## Step 6: Finish and Enjoy

Add chicken to your sub roll, cut in half and enjoy!

Remember, making this at home is cost effective and you can do healthy swaps like whole wheat rolls, low calorie mayo and no breading on your chicken!



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## Kitchen Safety Tips:

Always make sure Chicken is cooked to 165 degrees as every oven can vary in cooking time!

Always use an **oven mitt** when handling trays in the oven.