

Stinger Sub



Ingredients

6 Sub rolls
12 Chicken fingers
Sauce for your fingers
(mild/med/hot/BBQ, etc)
½ lb shaved or frozen steak
Olive oil/S&P
Lettuce
Tomato
Onion
Mayonnaise
Blue Cheese Dressing

Sub Oil:

¼ cup veg or olive oil
¼ cup red wine vinegar
1 tsp basil
1 tsp oregano
¼ tsp salt
¼ tsp pepper

Utensils

Cutting board & Knife
Air Fryer or Oven
Baking sheet
Frying Pan
Spatula
Mixing bowls
Whisk
Tongs
Squeeze bottle



Recipe Instructions

Step 1: Prep

Preheat your oven or air fryer to 375°

Prep a cutting station with a damp cloth and cutting board. Slice onions, tomatoes, and cut lettuce.

Toast rolls if desired.

Step 2: Air Fry OR

Air Fry at 375° for 8-10 minutes or until golden brown and cooked to an internal temperature of 165°.

Flip halfway through.

Step 3: Bake

Bake at 375° for 10-20 minutes or until golden brown and cooked to an internal temperature of 165°.

Flip halfway through.

Step 4: Sauce & Oil

Toss cooked chicken in a bowl with your desired sauce. Use tongs to coat.

Add all sub oil ingredients to a bowl and whisk to combine or add to a squeeze bottle and shake to combine.

Step 5: Steak

Add olive oil to a frying pan over medium high heat. Add shaved or frozen steak. Sprinkle with salt and pepper.

Cook until meat has browned. Stirring occasionally.

Step 6: Assemble & Enjoy

Start with the bottom of your roll, add tossed chicken fingers, then cooked shaved steak, lettuce, tomato, onion, and squeeze sub oil over veggies. Spread mayo on the top half of your roll, and blue cheese, and enjoy!!



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Kitchen Safety Tips:

Chicken must always be cooked to an internal temperature of 165°.

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