

Zucchini Bread Recipes

# Garlic Parmesan Cheeseburger Bombs

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 cloves garlic, minced
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp lemon zest
- [ ] 1 tsp smoked paprika
- [ ] Salt and pepper to taste
- [ ] Vegetable oil for frying

## Instructions

1. In a bowl, gently combine the ground beef with salt, pepper, smoked paprika, and half of the minced garlic; avoid over-mixing.
2. Form the meat into small, bite-size balls, then press an indentation and place a pinch of cheddar cheese inside before reshaping.
3. In a separate shallow dish, mix the panko breadcrumbs, grated Parmesan, remaining garlic, lemon zest, and a drizzle of oil; coat each bomb thoroughly.
4. Heat oil in a skillet over medium-high heat; fry the bombs until golden brown, about 3-4 minutes per side, then transfer to a paper-towel lined plate.
5. Serve hot, with a side of tangy ketchup or a simple aioli; enjoy the crunchy exterior and melty interior.

### Nutrition per serving

| 320 kcal | 22 g | 12 g | 20 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra crispness, briefly toast the breadcrumb mixture before coating.
- If you prefer a milder garlic flavor, reduce the cloves to one.
- A pinch of cayenne in the coating adds a subtle heat without overwhelming the palate.