

# Cheesy Garlic Burgers with Zucchini Noodles

Servings : 4

| Amount | Measure     | Ingredient - Preparation Method    |
|--------|-------------|------------------------------------|
| 1 1/4  | pounds      | lean ground beef                   |
| 5      | cloves      | garlic - minced                    |
| 1/2    | cup         | fresh parsley - chopped            |
| 1      | teaspoon    | crumbled beef bouillon cube        |
|        |             | red chile flakes                   |
| 1      | tablespoon  | steak seasoning                    |
| 4      | medium      | zucchini - spirilized ot julienned |
| 4      | slices      | cheese                             |
| 4      | tablespoons | butter                             |
| 1      | tablespoon  | hot sauce                          |
|        |             | salt and pepper                    |
| 1      | teaspoon    | Italian seasoning                  |
| 1/2    |             | lemon (juice)                      |

Add ground beef to a medium bowl, breaking it up. Sprinkle with steak seasoning, red chile flakes, black pepper, half of garlic, bouillon cube, and parsley. Mix until combined.

Divide the beef into 8 even portions and make patties. Top half with cheese and top with the other patty.

Melt 2 tablespoons butter in a large skillet over med-high heat. Cook 5-6 minutes on each side. Baste beef with butter and juices. Remove to a plate and set aside.

In the same skillet, melt 2 tablespoons butter, then add remaining garlic, lemon juice, hot sauce, Italian seasoning and flakes.

Stir in parsley, then add the zucchini on one side of the skillet and add beef patties back to the pan and reheat. Serve with a lemon slice on the side.

Description: "beef"