

Bite Spoon

Beef and Cheese Sticks – Quick Savory Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tbsp lemon zest
- [ ] 1 tbsp honey
- [ ] 2 tbsp olive oil

Optional Dipping Sauce

- [ ] ¼ cup sour cream
- [ ] 1 tsp hot sauce
- [ ] Fresh chives, chopped

Instructions

1. In a skillet, heat 1 tbsp olive oil over medium heat. Add ground beef, breaking it up, and cook until browned, about 6 minutes. Sprinkle smoked paprika, garlic powder, and lemon zest; stir to combine. Remove from heat and let cool slightly.
2. Mix the cooled beef with grated cheddar, honey, and a pinch of salt in a large bowl until evenly incorporated.
3. Shape the mixture into sticks about 3-inch long. Roll each stick in panko breadcrumbs, pressing gently to adhere.
4. Place sticks on a parchment-lined baking sheet, brush lightly with the remaining olive oil, and bake at 400°F (200°C) for 12-15 minutes, turning once, until golden and crisp.
5. Serve hot with optional dipping sauce. Enjoy the warm, cheesy interior and crunchy exterior.

Nutrition per serving

420 kcal	24 g	18 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the beef mixture to rest; it helps the sticks hold together.
- If you prefer a deeper crust, toast the panko lightly before coating.
- For extra flavor, sprinkle a little flaky sea salt just after baking.