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## Beef Yakisoba Bento Box ♦♦

Beef Yakisoba Bento Box is a delicious and satisfying Japanese dish. It consists of stir-fried beef, noodles, and vegetables, packed in a bento box for a convenient and portable meal. The beef is tender and flavorful, while the noodles are cooked to perfection. This dish is perfect for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	Beef
200 g	yakisoba noodles
100 g	cabbage
50 g	Carrots
50 g	onion

2 cloves	garlic
3 tbsp	soy sauce
2 tbsp	vegetable oil
1 tsp	Salt
1 tsp	Pepper

## Directions

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### Step 1

Cut

Slice the beef into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Sautéing

Heat vegetable oil in a pan over medium heat. Add garlic and onion, and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

Stir-frying

Add the beef to the pan and cook until browned.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 4

Stir-frying

Add the cabbage and carrots to the pan and cook until tender.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 5

Boiling

Cook the yakisoba noodles according to the package instructions. Drain and set aside.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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### Step 6

Stir-frying

Add the cooked noodles to the pan and stir-fry until well combined.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

## Step 7

Stirring

Season with soy sauce, salt, and pepper. Stir well to coat the ingredients.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 8

Plating

Transfer the beef yakisoba to a bento box and serve.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 450 kcal

**Fat:** 10 g

**Protein:** 30 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	20 mg	181.82%	250%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Chinese Japanese

### Course

Snacks Sauces & Dressings

### Cultural

Chinese New Year Christmas Easter Halloween

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe  
Lactation Friendly Allergy Friendly

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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