

SIDE DISH

Yummylicious Japanese Beef Croquettes

1 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	10	\$0.56	237 kcal



You can never have too many side dish recipes, so give Yummylicious Japanese Beef Croquettes a try. For 56 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. This recipe serves 10. One serving contains 237 calories, 10g of protein, and 13g of fat.

Ingredients

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| ☐ 1 tablespoon butter | ☐ 2 eggs, beaten |
| ☐ 10 servings all-purpose flour for coating | ☐ ¾ pound ground beef |
| ☐ 4 teaspoons light soy sauce | ☐ ½ cup oil for frying |
| ☐ 3 onions, chopped | ☐ 10 servings panko bread crumbs |
| ☐ 3 medium russet potatoes, peeled, and chopped | ☐ 1 tablespoon vegetable oil |

EQUIPMENT Bowl, Frying pan, Pot, Potato masher, Wok

Method

- 1 Add potatoes to a large pot of salted water, and bring to a boil; cook until tender, about 15 minutes.
- 2 Drain, pour potatoes into a large bowl. Stir in butter, and mash with a fork or potato masher. Set aside.
- 3 Heat 1 tablespoon oil in a large skillet over medium heat. Stir in onions, and cook until soft. Stir in beef and soy sauce. Cook, stirring continuously, until beef is browned and all the liquid is evaporated.
- 4 Combine beef and onions with potatoes, and stir well.
- 5 Heat 1/2 cup oil in a deep skillet or wok over medium-high heat.
- 6 Shape potato and beef mixture into 10 similar-size balls, and flatten into patties. Dredge patties in flour. Then dip in egg, and coat with panko bread crumbs. Carefully place patties into oil, and fry until golden brown on each side.

Nutrition per serving

237

KCAL

10 g

PROTEIN

13 g

FAT

21 g

CARBS

Saturated Fat	4 g · 25% of daily needs
Fibre	1.7 g · 7% of daily needs
Sugar	2 g · 2% of daily needs
Sodium	190 mg · 8% of daily needs
Cholesterol	59.9 mg · 20% of daily needs
Vitamin C	6.1 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/yummylicious-japanese-beef-croquettes-147055](https://www.whatsheate.com/yummylicious-japanese-beef-croquettes-147055)