

Creamy Mustard Beef Steaks – My Weeknight Favorite ??

- 11/05/2025



Prep Time

15

Dificult

Easy

Servings

2

Description

This is one of those simple-but-satisfying meals I like to make when I want something cozy but quick. Tender beef steaks cooked in a creamy mustard sauce — perfect with mashed potatoes or rice and ready in under 30 minutes.

Ingredients

- 2 beef steaks (your preferred cut, around 150–200 g each)
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 tsp mustard (I use Dijon, but grainy works too)
- 1 tbsp heavy cream (or plant-based cream if preferred)
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instructions

- 1. 1. Cook the steaks.
- 2. Heat the olive oil in a skillet over medium-high heat. Season the steaks with salt and pepper, then sear them for 2–3 minutes per side (depending on how you like them). Remove and keep warm.
- 3. 2. Make the sauce.
- 4. In the same pan, lower the heat and add the chopped onion. Sauté for a couple of minutes until soft. Stir in the mustard and cream, and mix well until it becomes a silky sauce.
- 5. 3. Finish the dish.
- 6. Return the steaks to the pan and let them sit in the sauce for a minute or two, just enough to warm through and coat them.
- 7. 4. Serve.
- 8. Plate the steaks and pour over the mustard sauce. Sprinkle with chopped parsley if you're feeling fancy. I like serving this with mashed potatoes or a crisp green salad.
- 9. ? Tip: You can also deglaze the pan with a splash of white wine or veggie broth before adding the cream for extra depth.