

Creamy Mustard Beef Steaks – My Weeknight Favorite ??

Cristina · 11/05/2025



Prep Time

15

Difficult

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.