

# Steak with Quick Mustard & Peppercorn Sauce

Hands-on 25 minutes Overall 25-45 minutes

**Nutritional values (per serving):** Total carbs: 4.7 g, Fiber: 1.4 g, **Net carbs: 3.3 g**,

Protein: 42.9 g, Fat: 56.3 g, Calories: 709 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 servings)

### Steaks:

2 small/ medium boneless strip or filet mignon steaks (400 g/ 14.1 oz)

1 tbsp [ghee](#) or lard

salt and pepper to taste (I like [pink Himalayan salt](#))

### Mustard & Peppercorn Sauce:

1 tbsp [ghee](#) or lard

1 tbsp whole peppercorns, black or mixed

1 tbsp [Dijon mustard](#) - *you can [make your own](#)*

1/2 tsp onion powder or 1/2 small white onion, diced

1/4 cup heavy whipping cream or [coconut milk](#) (60 ml/ 2 fl oz)

1/4 cup [bone broth](#) or [chicken stock](#) (you can [make your own bone broth](#))

salt to taste (I like [pink Himalayan salt](#))

4. Cook for 3-5 minutes or until creamy.

5. Serve the steaks with the sauce, [keto cauli-mash](#) and/ or some crunchy greens.

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## Instructions

1. There are two methods you can use to cook your steak depending on its thickness. If the steak is thick (1 1/2 - 1 3/4 inch / 4 - 4 1/2 cm), follow the instructions for [Reverse-Seared Steak](#) that requires both oven baking and pan searing. Otherwise, for thinner cuts, follow my guide to [cook the steak on a pan](#). Once the steaks are cooked, transfer them onto a wire rack, loosely cover with a foil and let them rest for about 10 minutes before serving.
2. Meanwhile, prepare the mustard & peppercorn sauce. Add the remaining ghee to the pan where you cooked the steaks. Crush the peppercorns slightly using a rolling pin or a mortar and pestle.
3. Place in the pan and cook over a medium-high heat for 2-3 minutes, until fragrant. Add the onion powder, mustard, cream and bone broth and reduce the heat to medium. Bring to a boil and let the liquid reduce by half. *If using fresh onion, add to the pan and cook for 3-5 minutes before adding the peppercorns.*