A complete plate with crisp pan-seared salmon, lemony green beans and toasted pine nuts, and rice cooked in coconut milk and broth. A bright, savory dinner built from three simple components.



Salmon with Green Beans & Coconut Rice

The game plan

Cook the rice in the rice cooker, steam the beans while it runs, and sear the salmon last so it reaches the table hot. Rice liquid: use equal parts coconut milk and broth, in the total amount your rice cooker calls for.

What you need

Amounts are for 2 servings — scale up or down for your table.

- Salmon: 2 skin-on fillets, about 6 oz each
- Green beans: about ½ lb (2 big handfuls)
- Rice: 1 cup dry
- Coconut milk: ¾ cup (half the rice liquid)
- Broth: ¾ cup (half the rice liquid)
- Olive oil: 1–2 Tbsp
- Sesame oil: 1 tsp, for brushing
- Butter: 1 Tbsp
- Pine nuts: 2 Tbsp
- Lemon: 1
- Lime: 1, for zest
- Salt and black pepper
- Dill: optional, a few sprigs
- Coconut oil, sesame oil, or olive oil: 1–2 Tbsp, for the rice
- Rice vinegar: 1 Tbsp

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Pan-sear the salmon

1. Heat a little olive oil in a pan over medium heat.
2. Place the salmon flesh-side down first and cook for about 5 minutes, until it releases easily.
3. Flip to the skin side and cook for about 5 minutes more, until done.
4. Finish with a squeeze of lemon. Brush on a little sesame oil, then season with salt and pepper. Add dill if you want it.



2. Finish the green beans

1. Steam the green beans until they are cooked the way you like them, about 4–5 minutes. Season lightly with salt.
2. Melt a little butter in a pan. Add the pine nuts and toast for 30–60 seconds, shaking the pan while cooking — watch them closely so they do not burn.
3. Spoon the butter and pine nuts over the beans.



3. Make the coconut rice

1. Put the rice in the rice cooker.
2. For the cooking liquid, use half coconut milk and half broth, and run the rice cooker.
3. Once the rice is done, test to be sure it is cooked through and determine if you need a bit more liquid.
4. Stir in a little coconut oil, sesame oil, or olive oil — about 1–2 tablespoons. Stir and let warm for 5 minutes.
5. Finish with lime zest and 1 tablespoon rice vinegar.

Optional, for garlic lovers: cook chopped garlic in the oil for 30–60 seconds, shaking the pan so it doesn’t burn, and add it to the vegetables after they’re cooked.

Serve

Plate the salmon with the green beans and coconut rice. If you want, add fresh dill on the side with a slice of lemon.

