A bright weeknight plate: crisp sautéed salmon with dill and lemon, lime-zested rice from the rice cooker, and a quick sauté of red pepper, red onion and snow peas. Three simple components, one colorful plate.



Salmon with Lime Rice, Peppers & Snow Peas

> ### The game plan
>
> Start the rice first. Sauté the vegetables while it cooks. Sear the salmon last so it hits the table hot.

What you need

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

- Salmon: 2 skin-on fillets, about 6 oz each
- Rice: 1 cup dry
- Olive oil: 2–3 Tbsp
- Fresh dill: a few sprigs
- Lemon: 1
- Salt and black pepper
- Lime: 1, for zest
- Rice vinegar: about 1 Tbsp
- Red bell pepper: 1, sliced
- Red onion: 1, sliced
- Snow peas: about 2 cups (6 oz)
- Garlic: chopped (optional)

COOK THE PLATE

Three parts, one dinner · Serves 2



1. Make the lime rice

1. Put the rice in the rice cooker with the usual amount of water, and run the rice cooker as usual.
2. Once the rice is done, test to be sure it is cooked through and determine if you need a bit more liquid.
3. Stir in a little olive oil — about 1–2 tablespoons. Stir and let warm for 5 minutes.
4. Finish with lime zest and around 1 tablespoon of rice vinegar.



2. Sauté the vegetables

1. Optional garlic: heat a little olive oil in a sauté pan, add chopped garlic, and cook 30–60 seconds, shaking the pan so it doesn’t burn. Remove and set aside.
2. Pull the ends off the snow peas to de-string them. Slice the red pepper and red onion.
3. Heat a little olive oil in the pan and cook the pepper, onion, and snow peas until tender-crisp, about 4–5 minutes.
4. Season with salt and pepper. Stir the garlic back in, if using.



3. Sear the salmon

1. Heat olive oil in a sauté pan over medium heat. Season the salmon with salt and pepper.
2. Place the fillets flesh-side (non-skin side) down and cook about 5 minutes.
3. Flip to skin-side down and cook about 5 minutes more, until just cooked through.
4. Season again with salt and pepper, then add dill and a squeeze of lemon.
5. Flip once more for about a minute, then take off the heat.

Serve

Plate the salmon over the lime rice with the sautéed vegetables alongside. Pass extra lemon at the table.

