

Salmon with Green Beans & Coconut Rice

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.

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.

What you need

- Skin-on salmon fillets
- Green beans
- Rice
- Olive oil
- Sesame oil
- Butter
- Pine nuts
- Lemon
- Lime, for zest
- Salt and black pepper
- Dill, optional
- Coconut milk
- Broth
- Coconut oil, sesame oil, or olive oil
- Rice vinegar

Rice liquid: use equal parts coconut milk and broth, in the total amount your rice cooker calls for.

Three parts, one dinner

Season to taste · quantities are flexible



1. Pan-sear the salmon

1. Heat a little olive oil in a pan.
2. Place the salmon **flesh-side down first** and cook for about 5 minutes.
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. 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. Stir in a little coconut oil, sesame oil, or olive oil - about **1-2 tablespoons**. Stir and let warm for 5 minutes.
4. Finish with lime zest and **1 tablespoon rice vinegar**.

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.