

Coconut-Dill Salmon with Green Beans & Corn ココナッツディルサーモンといんげん・コーン

Serves: 2 | *Air Fryer* + *Oven* Methods Included

Ingredients

Salmon & Vegetables:

- 2 salmon fillets (サーモン) , approx. 180–220 g total
- 150 g green beans (いんげん) Fresh or frozen
- 120 g corn kernels (コーン) Fresh or frozen
- Optional: 80 g cherry tomatoes (ミニトマト)

Coconut-Dill Dressing:

- 45 ml light coconut milk or coconut cream
- 1 tsp Dijon mustard
- 1 tsp white wine vinegar
- Zest of ½ lemon
- 1 tsp lemon juice
- 1 small garlic clove (にんにく) , grated
- 1 T fresh dill (ディル) , chopped
- Pinch chili flakes or Aleppo pepper
- ¼ tsp salt + pinch MSG blend
- Black pepper

Optional Serving Suggestions:

- 140 g cooked barley-rice blend per serving or cooked orzo or rosemary bread



Instructions – Air Fryer Method

1. **Preheat** air fryer to **190°C** for **3–4 minutes**.
2. Prepare dressing.
 - Mix **coconut milk, Dijon, vinegar, lemon zest, lemon juice, garlic, dill, chili flakes, salt + MSG blend, and black pepper**.
3. Toss **green beans** and **corn** lightly with small amount **oil**.
4. If using **fresh green beans**:
 - Air fry vegetables at **190°C** for **5–6 minutes** first.
5. If using **frozen green beans**:
 - Do NOT thaw.
 - Air fry vegetables at **190°C** for **7–8 minutes** first.
 - Shake basket once midway.
6. Pat salmon dry.
7. Brush **salmon** lightly with HALF the **coconut-dill dressing**.
 - Reserve remaining dressing for finishing.
8. Add salmon to air fryer basket.
9. Air fry at **190°C** for **6–8 minutes**.
 - Cook time depends on thickness.

10. Add **cherry tomatoes** during **final 3 minutes** if using.
11. Finish with **remaining dressing** and extra **fresh dill**.

Instructions – Oven Method

1. Preheat oven to **170°C** convection.
2. Arrange **green beans** and **corn** on sheet pan.
3. Toss lightly with **oil** and **seasoning**.
4. Roast vegetables first:
 - **Fresh green beans: 8–10 minutes**
 - **Frozen green beans: 10–12 minutes**
5. Add salmon fillets to pan.
 - Brush lightly with HALF the coconut dill **dressing**.
6. Continue roasting everything **8–10 minutes**.
7. Add **cherry tomatoes** during final few minutes if desired.
8. Finish with **remaining dressing** and **fresh dill**.

Notes

- Frozen green beans work very well but should not be thawed first.
- Cooking vegetables before adding salmon improves browning and texture.
- Fresh dill added after cooking gives much brighter flavor than cooked dill.
- Coconut dressing should lightly coat the salmon rather than drown it.
- Barley-rice and orzo both absorb the pan juices beautifully.

Nutrition

Per serving (without optional starch): Kcal: 470 | Protein: 38 g | Fat: 24 g | Sat Fat: 6 g | Carbs: 15 g | Sugars: 4 g | Fiber: 4 g | Sodium: 560 mg | Omega-3: 3.0 g

With 140 g cooked barley-rice blend: Kcal: 690 | Protein: 43 g | Fat: 25 g | Sat Fat: 6 g | Carbs: 58 g | Sugars: 4 g | Fiber: 7 g | Sodium: 570 mg | Omega-3: 3.0 g