



RECIPE

Lemon Dill Salmon with Sesame Green Beans

Recipe Created For
Fish Baker

Main Ingredient
Fish

Cook Time
Under 1 hour

Serving Size
4

RECIPE NOTES

The Le Creuset Fish Baker makes cooking fish a success every time. The elevated ridges at the base of the stoneware baker ensure that your fish is cooked evenly and the tight lid ensures nothing dries out. This recipe allows you to prepare a full salmon filet in 30 minutes. Lemon, ginger, and red pepper give the salmon a tangy kick while the coconut oil and sesame add a nutty flavour. Cook your side of green beans in the same baker for a one-dish meal.

INGREDIENTS

- 1 filet of salmon, about 1 1/2 pounds
- Kosher salt
- 2 tablespoons, plus 1 teaspoon, melted coconut oil, divided
- 1 lemon, zested
- 3 cloves garlic, grated
- 1-inch piece fresh ginger, grated
- 1/8 teaspoon red pepper flakes
- 1 tablespoon fresh chopped dill, plus extra for garnish
- 1 1/2 cups green beans
- 1 teaspoon black and white sesame seeds

EQUIPMENT

- Fish Baker
- Set of 3 Mixing Bowls
- Revolution® Slotted Turner

INSTRUCTIONS

Preheat the oven to 350°F.

Season the salmon with salt all over and place in the base of the fish baker. In a small bowl, combine the 2 tablespoons coconut oil, lemon zest, garlic, ginger, red pepper flakes and dill. Spread the mixture evenly over the top of the salmon.

Place the haricot verts in a mixing bowl along with the remaining 1 teaspoon of coconut oil and the sesame seeds. Season with salt and toss together to coat evenly. Place the haricot verts alongside the salmon in the fish baker.

Put the lid on the fish baker and place in the preheated oven. Bake until the fish is firm, just cooked through, and the haricot verts are tender, about 30 minutes. Remove from the oven and serve immediately at the table. Garnish with fresh dill for serving.