

食譜 · FARMACY 牛至烤羊排

Recipe · Baked Lamb with Farmacy Oregano

FARMACY
水耕細作

份量：4人份
Serving portion : 4

Farmacy 香草盛宴

與Farmacy下廚，樂趣滿滿、回味濃濃。
將烘焙紙放在食譜上，擺好新鮮食材，拍下美照，包起焗烤。
香氣四溢的盛宴，伴隨窩心回憶。

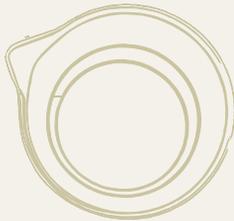
Feast Fresh with Farmacy

Cooking with Farmacy is fun and full of flavourful memories. Place a piece of baking paper on top of this recipe. Lay out fresh ingredients, snap the moment, wrap and bake. A feast awaits, and so will your next memory.

食材 Ingredients

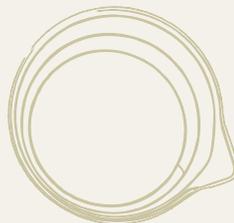
橄欖油
Olive oil

1/4 杯
1/4 cup



水
Water

1/2 杯
1/2 cup



檸檬 (榨汁)
Lemons (juiced)

2 顆
2 pieces



鹽與黑胡椒
Salt and pepper



羊排 (約1磅)
Lamb chops
(about 1 pound)

4 塊
4 pieces

FARMACY

新鮮牛至葉 (榨汁)
Fresh FARMACY oregano
(juiced)

1 湯匙
1 tablespoon

步驟 Steps

1. 去除羊排多餘脂肪。
2. 將鹽、黑胡椒與牛至葉放入碗中混合。
3. 將混合物均勻塗抹於肉排表面 (或將羊排放入混合物中)。
4. 將烤箱預熱至205°C/400°F。
5. 烤盤中倒入橄欖油、檸檬汁及1/2杯水。
6. 烘烤約35-45分鐘至羊排熟透。
7. 中途檢查並淋上烤盤汁液 (若汁液蒸發, 可適量補水)。
8. 取出後佐以喜愛的裝飾配料, 即可上桌!

1. Remove and extra fat from lamb.
2. In bowl, combine salt, pepper, and oregano and mix.
3. Take mixture and spread it all over meat (or add lamb to bowl of mixture).
4. Preheat oven to 205°C/400°F.
5. In a baking pan, add olive oil, lemon juice, and 1/2 cup water.
6. Bake until lamb is cooked, about 35-45 minutes.
7. Half way through, check and glaze with liquid (If liquid evaporates, just add a bit more water).
8. Remove add a preferred garnish, and serve!

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