

食譜 · 焗巴馬臣芝士蜆

Recipe · Baked Parmesan Clam

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。

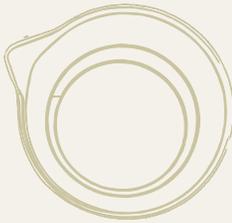
Feast Fresh with Farmacy

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

初榨
橄欖油
Extra virgin
olive oil

4 湯匙
4 tablespoons



檸檬
Lemons

2 顆
2 pieces



新鮮大蒜
(壓碎或磨成細末)
Fresh garlic,
crushed or finely grated

5 瓣
5 cloves



現磨黑胡椒
Freshly cracked
black pepper



海鹽
Sea salt



中型雞腿肉
(去皮去骨)
Medium-sized
chicken thighs,
skinless and boneless

8-10 塊
8-10 pieces

新鮮百里香枝條
FARMACY
fresh thyme sprigs

1 小把
1 small handful

步驟 Steps

1. 將橄欖油、2顆檸檬皮屑、1顆檸檬汁、蒜末(或磨碎蒜泥)及新鮮百里香加在雞腿肉上。
2. 充分拌勻至雞肉均勻裹上醃料。
3. 加蓋冷藏醃製數小時至兩日。
4. 烘烤前將焗爐預熱至190°C/375°F。
5. 將醃製好的雞肉置於大型烤盤上，放入烤箱烘烤約35分鐘(雞肉應呈金黃色且完全熟透)。
6. 雞肉烤熟後取出，靜置10分鐘再上桌。
7. 搭配沙律與烤麵包或烤薯仔享用。

1. Place the chicken thighs into a large mixing bowl. Now add the olive oil, zest of 2 lemons, the juice of 1 lemon, the crushed or grated garlic, and the fresh thyme.
2. Mix together until the chicken is coated.
3. Cover and pop the chicken into the fridge to marinate for a few hours and up to two days.
4. When you're ready to bake, preheat your oven to 190°C/375°F.
5. Place the marinated chicken on a large baking tray and bake in the oven for about 35 minutes (the chicken should look golden and cooked all the way through).
6. Once the chicken is cooked take it out of the oven and let it rest for 10 minutes before serving.
7. Serve with salad and crusty bread or roast potatoes.

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